

The cover features a blue background with a white grid pattern. The grid lines are double-lined, with a red line on the outside and a white line on the inside. A large red circle is centered on the cover, containing the title text.

Metropolitan **Cook Book**

**METROPOLITAN LIFE
INSURANCE COMPANY**

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**METROPOLITAN
COOK BOOK**

METROPOLITAN LIFE INSURANCE COMPANY

FOREWORD

Food has always played a vital role in the life of a nation. But never before in the history of our country has its wise use been more important than it is at present, since we must feed our Army all over the world and our civilian population, and help to feed our allies.

While there is enough food to provide good nutrition for everyone here at home, not all foods will be available in the quantities to which we have been accustomed to having them. The scarcest foods are rationed so that all of us will have a fair share. But even with rationing it is not always possible to obtain foods for which stamps are available.

Because of this and the uncertainties in the supplies of some unrationed foods, the person responsible for meal planning must know the substitutions that can be made and still provide interesting and attractive meals that will protect the health of the family. This means using the same foods in a variety of ways, using leftovers, and cooking foods so that all of their original value will be preserved. The recipes and suggestions in this book are intended to help the homemaker with this important task.

The Metropolitan Life Insurance Company wishes to express its gratitude to the Wheat Flour Institute, the Brooklyn Union Gas Company, the National Biscuit Company, and to Sarah J. MacLeod, Frances Preston, and Helen Robertson, the authors of *What Do We Eat Now?* for permission to use some of their material.

METROPOLITAN LIFE INSURANCE COMPANY

TABLE OF CONTENTS

	PAGE
Table of Measures and Weights	4
Oven Temperatures	4
Beverages	5
Cereals	6
Quick Breads, Muffins, Biscuits, Griddle Cakes	7
Yeast Breads, Rolls	10
Cakes	11
Frostings and Fillings	14
Cookies	14
Soups	16
Fish	18
Meat	20
Poultry	27
Leftover Meats	29
Meat and Vegetable Sauces	30
Eggs	31
Cheese Dishes	33
Meat Alternates	34
Vegetables	35
Salads and Salad Dressings	41
Puddings	44
Dessert Sauces	49
Pastry	49
Index	53

TABLE OF MEASURES AND WEIGHTS

2 cups butter or other shortening.....	average 1 pound
4 cups sifted, all-purpose flour.....	“ 1 “
2 cups granulated sugar.....	“ 1 “
2½ cups powdered sugar.....	“ 1 “
3½ cups confectioners' sugar.....	“ 1 “
2¼ cups brown sugar, firmly packed...	“ 1 “
2 cups rice.....	“ 1 “
3½ cups whole wheat flour.....	“ 1 “
3 cups cornmeal.....	“ 1 “
4⅓ cups coffee.....	“ 1 “
2 cups finely chopped meat.....	“ 1 “
9 large eggs.....	“ 1 “
1 square cooking chocolate.....	“ 1 ounce
1 cup molasses.....	“ 11 ounces
3 teaspoons.....	“ 1 tablespoon
16 tablespoons.....	“ 1 cup
2 tablespoons butter.....	“ 1 ounce
4 tablespoons flour.....	“ 1 “

Cupfuls are measured by standard 8-oz. measuring cup.

ALL MEASUREMENTS SHOULD BE LEVEL.

OVEN TEMPERATURES

(Fahrenheit)

Slow.....250° to 325°

Moderate...350° to 375°

Hot.....400° to 450°

Very hot...475° and over

If the oven is equipped with
a heat control, follow directions
given by the manufacturer.

BEVERAGES

MAKING COFFEE

Coffee for family use should be purchased in small quantities because it loses its aroma and flavor quickly after it is exposed to the air. It should be kept in a tightly covered container. Always buy coffee of the right grind for the method to be used in its preparation. The grind is stated on the container. Decaffeinated coffee has had the caffeine removed, and sometimes its use is permitted when regular coffee is not. It can be obtained in the same grinds as other coffee. In order to have coffee of good flavor, the pot must be well washed and aired after each using.

The usual proportions are 1 rounded tablespoon of coffee for each cup of water.

Drip Coffee—Put the coffee in the basket and pour freshly boiling water into the water container. Keep the pot in a warm place while the water drips through, but do not allow the coffee to boil. Never pour the water over the grounds a second time.

Percolator Coffee—Put the necessary amount of boiling water in the pot. Put the coffee in the basket. Allow it to percolate gently until the desired strength is obtained. The usual time is about 15 minutes after the water begins to percolate.

Boiled Coffee—Mix the coffee with a small amount of egg or crushed eggshell and cold water. Pour on boiling water and allow it to simmer from 3 to 5 minutes.

Vacuum Coffee—Put the necessary amount of boiling water into the lower part of the pot. Adjust the top and filter. Add the coffee. Heat until the water rises into the top. Stir. Remove the pot from the heat and allow the coffee to filter down.

MAKING TEA

Tea deteriorates on exposure to the air, and so it also should be kept in a covered container. Use 1 teaspoon of tea for each cup of boiling water. Scald an earthenware teapot, put the tea in, and pour boiling water over it. Cover. Let it stand from 3 to 5 minutes without boiling. Pour at once.

COCOA OR CHOCOLATE

4 tablespoons cocoa, or	1 cup cold water	3 cups bottled milk, or $1\frac{1}{2}$
2 squares chocolate		cups evaporated milk
2 tablespoons sugar, or		diluted with $1\frac{1}{2}$ cups water
4 tablespoons light corn sirup		Pinch of salt

Cook the cocoa, sugar, salt, and water together over low heat until thick or for about 5 minutes. Add milk and boil 2 or 3 minutes. Beat with a rotary egg beater to prevent skin from forming. If chocolate is used, melt it over hot water, then follow the directions for cocoa.

COCOA OR CHOCOLATE SIRUP

$\frac{1}{2}$ cup cocoa, or	1 cup sugar, or	$\frac{1}{2}$ teaspoon vanilla extract
2 squares chocolate	$\frac{1}{2}$ cup sugar and	(optional)
1 cup cold water	$\frac{1}{2}$ cup light	
$\frac{1}{4}$ teaspoon salt	corn sirup	

Cook the cocoa or chocolate (broken into small pieces) and the water until smooth and thick. Add sugar and salt and cook a few minutes longer. Add vanilla. The sauce may be kept in jars and used for pudding or ice cream

sauce or for the basis of hot or iced drinks. Use 2 tablespoons of sirup to each cup of milk.

ICED FRUIT DRINKS

Many refreshing iced drinks can be made with strong tea as a base and fresh or canned fruit juice added to taste. Honey or a sirup made with $\frac{1}{2}$ cup of sugar, $\frac{1}{2}$ cup of light corn sirup, and 1 cup of water can be used for sweetening. The juice from canned or spiced fruits can be used also in fruit drinks. This eliminates the need for additional sweetening.

MILK WITH FRUIT JUICE (one serving)

$\frac{1}{2}$ cup fruit juice

$\frac{1}{2}$ cup milk

Fruit juice: orange, pineapple, or the juice of cooked dried apricots, peaches, or prunes. Have all the liquids cold, and combine just before serving.

MILK WITH TOMATO JUICE (one serving)

$\frac{1}{2}$ cup tomato juice, cold

$\frac{1}{2}$ cup milk, cold

Pinch of salt or sugar

Follow the directions above.

BANANA MILK SHAKE (one serving)

ripe banana.

1 cup milk

$\frac{1}{4}$ teaspoon vanilla, or
 $\frac{1}{8}$ teaspoon nutmeg

Mash the banana to a pulp, combine with milk and flavoring.

CEREALS

Cereals have always been one of our staple foods and they are still plentiful and inexpensive. In addition to using them as the backbone of a good breakfast, we must now consider their possibilities as the basis for nutritious soups and desserts and, combined with meat, fish, eggs, or cheese, as main dishes for lunch or supper and dinner. Recipes for using cereals in these ways will be found in various sections of this book.

Cereals are of two general varieties—those that are ready to eat and those that require cooking. Both kinds may be whole grain, or enriched, or restored to whole-grain value by the addition of minerals and vitamins. Preference should be given to cereals of this kind. The labels provide information about the contents of packaged cereals.

Since many of the cereals to be cooked have been processed to reduce cooking time, it is not possible to give definite rules for cooking. Directions on the package should be followed. In general:

Coarse cereals like oatmeal require 2 cups of boiling water and $\frac{3}{4}$ teaspoon of salt to 1 cup of cereal.

Fine-grained cereals like cornmeal and farina require from 4 to 5 cups of boiling water and $1\frac{1}{2}$ teaspoons of salt to 1 cup of cereal.

Rice requires 8 cups of boiling water and 2 teaspoons of salt to 1 cup of rice.

METHOD OF COOKING

Pour the cereal into rapidly boiling salted water. Cook from 3 to 5 minutes over direct heat. Stir it to prevent sticking. Cereal requiring longer cooking should be placed over hot water to prevent burning.

Rice should be washed before cooking. It requires about 25 minutes cooking time. When it is soft, turn it out into a colander and pour boiling water over it to separate the grains. Then place the colander over boiling water, cover with a cloth or paper towel, and steam for a few minutes.

Breakfast cereal can be cooked ahead of time and reheated over hot water just before serving. If it is too thick, add boiling water to thin it. Raisins or other dried fruit can be added to the cereal while it is cooking.

Keep several varieties on hand and use alternately to avoid monotony.

Leftover cereal can be molded into loaves, sliced, and fried.

Berries and other fresh fruit make a good combination with flaked, ready-to-eat cereal.

BAKING

Quick Breads

Quick breads are those in which baking powder or baking soda are used instead of the slower-acting yeast to make them rise. Quick breads may be served at any meal.

Use enriched all-purpose flour or a combination of this and one of the whole-grain flours.

Always sift white flour before measuring and again with the dry ingredients added. Whole-grain flour should not be sifted.

All measurements are level.

Shortening may be butter, fortified margarine, or any of the hydrogenated vegetable fats.

Use fluid milk or evaporated milk diluted according to the directions on the can. When sour milk is called for, buttermilk may be used. Fluid or evaporated milk may be soured by adding 1 teaspoon of lemon juice or vinegar to each cup of milk. Allow it to stand for a few minutes.

PLAIN MUFFINS

2 cups flour	1 tablespoon sugar	1 cup milk
3 teaspoons baking powder	1 egg	2 tablespoons shortening,
$\frac{1}{2}$ teaspoon salt		melted

Mix and sift the dry ingredients. Combine the milk and well-beaten egg. Add gradually to the dry ingredients, stirring well. Add melted fat. Grease the muffin tins; fill them two thirds full. Bake about 25 minutes in a hot oven (425° F.). Yield: 12 medium-sized muffins.

Variations:

Corn Muffins—Substitute $\frac{3}{4}$ cup cornmeal for 1 cup of white flour.

Whole-Wheat or Graham Muffins—Substitute $\frac{3}{4}$ cup of whole-wheat or graham flour for 1 cup of white flour.

Soy Muffins—Substitute 2 tablespoons soy flour for 2 tablespoons white flour in each cup of flour used.

Blueberry Muffins—Add $\frac{1}{2}$ cup blueberries to the batter just before pouring it into the muffin tins.

Fruit Muffins—Add $\frac{1}{2}$ cup raisins, chopped dates, or chopped cooked prunes either to plain muffin, or graham, or whole-wheat mixture.

BRAN MUFFINS

2 tablespoons shortening	1 egg	2 $\frac{1}{2}$ teaspoons baking powder
$\frac{1}{4}$ cup sugar	$\frac{3}{4}$ cup milk	$\frac{1}{2}$ teaspoon salt
1 cup bran	1 cup flour	

Cream the fat and sugar. Add the egg and beat well. Add the bran and milk. Let soak until most of the moisture disappears. Stir in the sifted dry ingredients. Grease the muffin tins; fill two thirds full. Bake in a moderately hot oven (400° F.) for about 30 minutes. Yield: 8 large muffins.

BAKING POWDER BISCUITS

2 cups flour $\frac{1}{2}$ teaspoon salt About $\frac{3}{4}$ cup milk
3 teaspoons baking powder 4 tablespoons shortening

Mix and sift the dry ingredients. Blend in the fat with a pastry blender or the tips of the fingers. The mixture should resemble coarse cornmeal. Add the milk, stirring with a fork. Turn out onto a slightly floured board. Knead lightly for about $\frac{1}{2}$ minute and roll to $\frac{1}{2}$ -inch thickness. Cut with a floured biscuit cutter. Bake on an ungreased sheet in a hot oven (450° F.) from 12 to 15 minutes. Yield: 14 to 16 biscuits.

Variations:

Drop Biscuits—Increase the milk to 1 cup and drop the mixture, without rolling, on the baking sheet and bake.

Sour Milk Biscuits—Use sour milk or buttermilk. Use only 2 teaspoons baking powder and $\frac{1}{4}$ teaspoon baking soda mixed with dry ingredients.

Graham or Whole-Wheat Biscuits—Substitute $\frac{3}{4}$ cup of graham or whole-wheat flour for 1 cup of white flour.

Cinnamon Rolls—Mix 2 tablespoons of brown sugar with $\frac{1}{2}$ teaspoon cinnamon. Spread on rolled-out biscuit dough. Roll like a jelly roll. Cut slices 1 inch thick. Bake like biscuits.

Cheese Biscuits—Add $\frac{1}{2}$ cup of grated cheese to the flour with the shortening.

Shortcake—Divide the biscuit dough in half. Spread one half on a pie tin. Brush with melted shortening. Place the other half on top. When baked, the two layers will separate easily. Fill and top with cut-up fruit sweetened to taste. Serve with milk, whipped evaporated milk, or cream.

POPOVERS

1 cup flour $\frac{1}{4}$ teaspoon salt 1 cup milk 2 eggs

Sift the flour and salt into a bowl. Combine the milk and well-beaten eggs and stir gradually into the dry ingredients to make a smooth batter. Beat with a rotary egg beater for about 2 minutes. Fill *hot* greased muffin pans two thirds full. Bake in a hot oven (450° F.) about 35 minutes until they pop. Reduce the heat to moderate (about 350° F.) and bake 15 minutes longer. Serve immediately. Yield: 8 popovers.

CORN BREAD (JOHNNYCAKE)

1 cup cornmeal	$\frac{1}{2}$ teaspoon salt	4 tablespoons shortening,
$\frac{1}{4}$ cup flour	2 eggs	melted
$1\frac{1}{2}$ teaspoons baking powder	$\frac{1}{2}$ cup milk	

Mix and sift the dry ingredients. Combine the eggs and milk and stir into the dry ingredients. Stir in melted fat and pour into a greased baking pan. Bake in a hot oven (425° F.) for about 25 minutes. Pan 9 by 9 inches yields 12 portions.

PEANUT BUTTER BREAD

2 cups flour	1 teaspoon salt	$\frac{3}{4}$ cup evaporated
4 teaspoons baking	$\frac{1}{3}$ cup sugar	milk mixed with
powder	$\frac{1}{2}$ cup peanut butter	$\frac{3}{4}$ cup water

Mix and sift the dry ingredients. Add the peanut butter and cut in well with two knives. Add the milk and beat thoroughly. Pour into a greased loaf-cake pan and bake in a moderate oven (350° F.) for about 1 hour.

BOSTON BROWN BREAD

1 cup cornmeal	1 teaspoon salt	$\frac{3}{4}$ cup molasses
1 cup rye flour	$2\frac{1}{4}$ teaspoons soda	$\frac{1}{2}$ cup raisins, if
1 cup graham flour	2 cups sour milk	desired

Mix together the dry ingredients. Combine well with the sour milk and molasses. If the mixture is too stiff, thin it with a little water. If raisins are used, either add them to the dry mixture before the liquid is added, or reserve a little flour, sift well over the raisins, and stir in last. Fill well-greased molds two thirds full and tie on the lids, which also must be greased. Steam 3 hours or more, depending on the size of the molds used. Baking powder cans or other cans with lids can be used for molds.

Keep the water boiling and the kettle covered all the time during the steaming. Add more boiling water, if necessary. Remove the molds from the water; uncover. Place in a slow oven (250° F.) to dry for about 30 minutes.

GINGERBREAD

2 cups flour	1 teaspoon cinnamon	1 tablespoon vinegar
$\frac{3}{4}$ teaspoon baking soda	$\frac{1}{2}$ cup evaporated milk	1 cup molasses
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup water	$\frac{1}{4}$ cup melted shortening
2 teaspoons ginger		

Mix and sift the dry ingredients. Combine the milk, water, vinegar, and molasses. Stir into the dry ingredients. Add melted shortening and stir until smooth. Pour into a greased 9-inch layer-cake pan. Bake in a moderate oven (375° F.) for $\frac{1}{2}$ hour.

DATE OATMEAL LOAF

1 cup quick-cooking rolled oats	$1\frac{1}{4}$ cups scalding milk	1 teaspoon salt
1 cup chopped dates	2 cups flour	1 egg
	4 teaspoons baking powder	$\frac{3}{4}$ cup light corn sirup

Add rolled oats and dates to the milk; let stand for 10 minutes. Add the egg beaten slightly and corn sirup. Mix and sift the dry ingredients. Add the milk mixture, stirring only enough to blend well. Bake in a greased loaf pan in a moderate oven (350° F.) for 1 hour.

GRIDDLECAKES

Griddlecakes are usually considered a food to be served at breakfast. But spread with cinnamon and sugar, a mixture of cottage cheese and jelly, or jelly alone, they provide a substantial dessert for lunch or supper.

SWEET MILK GRIDDLECAKES

3 cups flour	1 tablespoon sugar	2 tablespoons shortening,
$\frac{3}{4}$ teaspoon salt	1 egg	melted
6 teaspoons baking powder	2 cups milk	

Combine all the dry materials and sift. Beat the eggs and milk. Add to the sifted dry materials and beat thoroughly. Stir in melted shortening. Place the batter in a pitcher. Pour on a hot griddle. Bake on one side, turn, and bake on the other side.

SOUR MILK GRIDDLECAKES

Substitute sour milk or buttermilk for sweet milk in the above recipe. Also use 2 teaspoons baking soda and 4 of baking powder. Sift both with the flour and salt.

CORNMEAL GRIDDLECAKES

1 cup cornmeal	1 teaspoon salt	2 tablespoons shortening,
1 cup flour	1 egg, well beaten	melted
4 teaspoons baking powder	2½ cups milk	

Mix and sift the dry ingredients. Combine the beaten egg and milk and add to the dry ingredients. Stir in the shortening. Cook the same way as other griddlecakes.

WAFFLES

2 cups flour	1½ cups milk	2 tablespoons melted
3 teaspoons baking powder	2 egg yolks	shortening
1 teaspoon salt		2 egg whites

Mix and sift the dry ingredients. Combine the beaten egg yolks and milk. Stir into the dry ingredients. Add the melted shortening. Fold in the stiffly beaten egg whites. Place the batter in a pitcher. Bake in a waffle iron following the directions given for the type of iron used.

Yeast Bread

In bread making, use either enriched all-purpose flour or a combination of this and some of the whole-grain flours. Where soy flour is obtainable, it may be combined with the enriched all-purpose flour. Soy flour may make up about one fifth of the flour in a bread mixture. Flour must be sifted before measuring, then sifted again.

PLAIN BREAD

2 cups milk	2 tablespoons shortening	¼ cup lukewarm water
¼ cup light corn sirup or honey	2 cups water	12 cups flour (about)
4 teaspoons salt	1 cake yeast, compressed or dry granular	

Scald the milk. Add the sirup or honey, salt, shortening, and water. Cool until it is lukewarm. Add the yeast which has been softened in ¼ cup of lukewarm water. Add the flour gradually, mixing it in thoroughly. When the dough is stiff, turn out on a lightly floured board and knead until it is smooth and satiny. Shape into a smooth ball. Place in a greased bowl. Cover and let it rise in a warm place (80° to 85° F.) until doubled in bulk. This will require about 4 or 5 hours. Punch down. Let it rise again. When it is light, divide it into four equal portions. Round up each portion into a smooth ball. Cover well and let it rest from 10 to 15 minutes. Mold into loaves. Place in greased bread pans. Let it rise until doubled in bulk. Bake in a moderately hot oven (400° to 425° F.) from 40 to 45 minutes. Yield: four 1-pound loaves.

WHOLE-WHEAT BREAD

Use the recipe for plain bread, substituting 6 cups of unsifted whole-wheat flour for 6 of the cups of white flour.

REFRIGERATOR ROLLS

2 cakes yeast, compressed or dry granular	½ cup light corn sirup, or ¼ cup honey	2 eggs
¼ cup lukewarm water	1 tablespoon salt	½ cup melted shortening
1 cup milk		6 cups flour (about)

Soften the yeast in lukewarm water. Scald the milk, add the sirup and salt. Add 2 cups of flour and beat well. Add the yeast. Beat the eggs and

add them. Blend well. Add the shortening. Add the remaining flour to make a soft dough. Knead until smooth and satiny. Place in a lightly greased bowl; grease the top of the dough. Cover well and put it into the refrigerator. When wanted, remove the dough from the refrigerator and punch down. Mold at once in any desired shape. Or, if preferred, let the dough stand in a warm room for an hour before molding. Place the rolls in greased pans, cover, and let them rise until doubled in bulk. Bake in a moderately hot oven (425° F.) from 15 to 20 minutes. Yield: about 2½ dozen rolls.

Variations:

Parker House Rolls—Roll dough to $\frac{1}{2}$ inch thickness. Cut out rounds of dough, brush with melted butter. Fold over, press the edges together. Place on a baking sheet. Let them rise to double in size. Bake in a hot oven (425° F.) for about 20 minutes.

Clover-leaf Rolls—Break off small pieces of dough and roll into balls. Place three balls in each section of a greased muffin pan. Let them rise and bake in a hot oven (425° F.) for about 25 minutes.

USES FOR LEFTOVER YEAST BREAD

Toast is best made from day-old bread cut from $\frac{1}{4}$ to $\frac{1}{2}$ inch thick. It may be toasted in an electric toaster or in the broiling section of the oven. Place it on the rack and allow it to brown on one side, then on the other. Melba toast is made from day-old bread cut very thin and allowed to dry slowly in the oven at a temperature of about 250° F.

French Toast—Dip slices of bread into a mixture of 1 cup of milk, 1 egg beaten, and 1 tablespoon of sugar. Fry on lightly greased griddle or frying pan. Brown on both sides.

Milk Toast—Pour hot scalded milk over freshly made buttered toast. Sprinkle with salt.

Soft Bread Crumbs—With a fork or the fingers, break up the soft part of sliced bread. Do not use the crusts. These are the kinds of crumbs used for stuffing, for the top of baked dishes, and for puddings.

Dry Bread Crumbs—Have the bread very dry. Put through the meat grinder, using the medium blade. Place in a covered glass jar. They become rancid quickly, and should not be kept longer than a few days. Used for coating foods that are to be fried.

Bread Pudding—See page 45.

Stuffing—See pages 23-24.

Cakes

Because of limitations in supplies of sugar and shortening, probably fewer cakes will be baked during wartime. But by substituting honey, molasses, maple sirup, corn sirup, or sorghum for part or all of the sugar, and selecting recipes that use a minimum of fat and few eggs, it is possible to have quite a variety of cakes and cookies. All of the sugar substitutes add to the cost of baked products, and probably we shall have to be prepared for shortages of all or some of them from time to time.

Suggestions for sugar substitutes:

In any standard cake recipe, $\frac{1}{2}$ of the sugar can be replaced by light corn sirup or honey.

When chocolate, spices, nuts, or raisins are used, honey can replace all of the sugar, cup for cup.

Honey browns quickly. Therefore baking temperature should be reduced when it is used.

When corn sirup replaces all of the sugar, it is necessary to use 2 cups of corn sirup for 1 cup of sugar and to reduce other liquids from $\frac{1}{4}$ to $\frac{1}{8}$.

Maple sirup or molasses is substituted for sugar in the proportion of $1\frac{1}{2}$ cups for 1 cup of sugar. Other liquid is reduced from $\frac{1}{4}$ to $\frac{1}{8}$, and, since both are slightly acid, $\frac{1}{4}$ teaspoon of baking soda should be sifted with the dry ingredients for each cup of sirup used.

Shortening—Butter, fortified margarine, and the hydrogenated vegetable fats may be used interchangeably for shortening in cakes. When lard is used, reduce the quantity by 2 tablespoons to the cup. Considerable fat can be saved by greasing the tins lightly.

Flour—Cake flour is called for in some recipes. *It is possible to substitute all-purpose enriched flour for it, but the quantity should be reduced by 2 tablespoons to the cup.* Flour should be sifted before measuring and sifted again after the dry ingredients have been added. Self-rising flour cannot be used in the recipes given in this book.

Baking Powder—All baking powders contain soda, acid, and cornstarch, or flour. They fall into three classes, depending on the *kind* of acid which they contain. They are tartrate powders, phosphate powders, and combination powders. The general rule for them is: 2 teaspoons tartrate or phosphate baking powders to 1 cup flour, 1 teaspoon combination baking powder to 1 cup flour. Further adjustments have to be made for cakes in which eggs are used. Directions for use are usually given on the can.

PLAIN CAKE

2 cups cake flour	$\frac{1}{4}$ cup shortening	1 egg
3 teaspoons baking powder	$\frac{2}{3}$ cup sugar, or	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ teaspoon salt	$\frac{1}{3}$ cup sugar and	$\frac{1}{2}$ teaspoon vanilla or almond
	$\frac{1}{3}$ cup light corn sirup	

Sift and mix the dry ingredients. Cream the sugar and shortening until light and fluffy. Add the beaten egg and mix thoroughly. Add the corn sirup if it is used. Add the sifted dry ingredients alternately with the milk, beating thoroughly. Add the vanilla. Bake in two greased 8-inch layer-cake pans in a moderate oven (350° F.) for about 30 minutes.

JELLY ROLL

2 eggs	1 cup cake flour	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup sugar	$1\frac{1}{2}$ teaspoons baking powder	3 tablespoons milk

Sift together flour, baking powder, and salt. Beat the egg yolks until thick and lemon colored. Add the sugar which has been sifted. Beat thoroughly. Stir in the milk. Fold in stiffly beaten egg whites. Fold in flour a little at a time. Line a long shallow pan with waxed paper. Pour in the batter. Bake in a moderate oven (375° F.) for about 15 minutes. Turn the cake out on waxed paper sprinkled with powdered sugar. Cut off the crisp edges and remove paper. Spread with jelly. Roll. Wrap in waxed paper. Work quickly after the cake is removed from the oven. If it cools too much, it will break in rolling.

SPICE CAKE

$\frac{1}{2}$ cup shortening	2 eggs, separated	1 teaspoon cinnamon
$\frac{1}{2}$ cup sugar	2 cups sifted flour	$\frac{1}{4}$ teaspoon cloves
$\frac{1}{2}$ cup molasses	3 teaspoons baking powder	$\frac{1}{4}$ teaspoon nutmeg
1 teaspoon vanilla extract	$\frac{1}{2}$ teaspoon soda	$\frac{1}{4}$ teaspoon allspice
	$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup sour milk

Cream together the shortening and the sugar. Add the molasses gradually, beating well. Add vanilla extract. Beat the egg yolks and add, beating until light. Sift together the flour, baking powder, soda, salt, and spices. Add alternately with the milk to the creamed mixture, beating smooth after each addition. Fold in stiffly beaten egg whites. Bake in two greased 8-inch layer pans in a moderate oven (375° F.) for 35 minutes, or in one 8 by 8 by 2-inch pan for 50 minutes. Yield: two 8-inch layers or one 8 by 8-inch loaf cake.

ANGEL CAKE

7 egg whites	$\frac{3}{4}$ cup pastry flour	$\frac{3}{4}$ teaspoon cream of tartar
1 cup fine granulated sugar	Few grains salt	1 teaspoon vanilla

Beat the egg whites until foaming; add the cream of tartar, and continue beating until they are stiff. Add the sugar gradually by folding it into the egg mixture with a spatula or cake spoon, then fold in the dry ingredients, flour and salt, that have been sifted together four times. Lastly, add vanilla. Bake in an ungreased tube pan from 45 minutes to 1 hour in a slow oven at a temperature of 300° to 325° F.

APPLESAUCE CAKE

$\frac{1}{4}$ cup raisins	$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup sugar
2 cups cake flour	$1\frac{1}{2}$ teaspoons mixed spices,	2 eggs
3 teaspoons baking powder	or 1 teaspoon grated orange rind	$\frac{1}{2}$ cup molasses
$\frac{1}{8}$ teaspoon soda	$\frac{1}{3}$ cup fat	1 cup applesauce

Wash the raisins, drain well. Sift the flour, measure, and sift a portion over the raisins when they are dry. Sift the remainder of the flour with baking powder, soda, salt, and spices.

Cream the fat, add the sugar gradually, creaming it in well. Add well-beaten eggs, blend thoroughly. Stir in the molasses. Add the dry ingredients alternately with applesauce. Add the raisins last. Turn into a greased 9-inch square cake pan, and bake in a moderate oven (350° F.) for about 1 hour, or until nicely browned and the cake shrinks from the sides of the pan. Let it stand 5 minutes, then remove to a cake rack to cool.

CHOCOLATE CAKE

2 cups cake flour	$\frac{1}{2}$ cup shortening	2 squares chocolate, melted
3 teaspoons baking powder	1 cup sugar	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ teaspoon salt	1 egg, well beaten	1 teaspoon vanilla

Mix and sift the dry ingredients. Cream the butter and sugar until fluffy. Stir in the well-beaten egg. Add melted chocolate and blend thoroughly. Add the sifted dry ingredients alternately with milk, stirring well after each addition. Add vanilla. Bake in two greased layer-cake pans in a slow oven (325° F.) for about 45 minutes. Allow it to cool; then frost it.

MARTHA WASHINGTON PIE

Bake plain cake mixture in two layers. Cool. Fill between the layers with cream filling (page 14). Dust the top with powdered sugar.

Frostings and Fillings

FROSTING

$\frac{1}{2}$ cup corn sirup or honey
 $\frac{1}{2}$ cup sugar

2 egg whites
 $\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ teaspoon vanilla extract

Cook the sirup and sugar together until the mixture spins a thread. Stir constantly. Beat the egg whites until frothy. Add the salt and beat until stiff. Pour sirup slowly over the egg whites. Beat until the frosting stands in peaks. Add vanilla extract. Beat it until stiff enough to spread.

CHOCOLATE FROSTING

Use the above recipe. After the frosting has been beaten stiff, add 3 squares of chocolate, melted, and blend thoroughly.

SEVEN-MINUTE FROSTING

2 egg whites
 $1\frac{1}{2}$ cups sugar

5 tablespoons cold water
 $1\frac{1}{2}$ teaspoons light corn sirup

1 teaspoon vanilla

Put the egg whites (unbeaten), sugar, water, and corn sirup in the upper part of the double boiler. Place it over rapidly boiling water, beat constantly with a rotary egg beater, and cook 7 minutes or until the frosting will stand in peaks. Remove from the fire, add vanilla, and beat until thick enough to spread.

Variations:

Chocolate—Fold 3 squares of melted chocolate into the frosting after it is removed from the fire. Do not beat as for plain frosting.

Cocoanut—Add $\frac{1}{2}$ can or 1 cup of fresh cocoanut to the above. Spread on the cake. Sprinkle cocoanut over the top of the cake.

CREAMY PEANUT BUTTER FROSTING

2 tablespoons peanut butter

$1\frac{1}{3}$ cups sweetened
condensed milk

$\frac{1}{8}$ teaspoon salt

Measure the peanut butter and condensed milk into the top part of a double boiler. Cook over boiling water until the mixture thickens, about 5 minutes, stirring the while. Add the salt, cool, and spread on a cold cake. It is nice on spice cake.

CREAM FILLING

$\frac{1}{4}$ cup sugar

$\frac{1}{8}$ teaspoon salt

1 cup milk

1 tablespoon flour

1 egg

$\frac{1}{2}$ teaspoon vanilla

Combine the dry ingredients. Add the egg, slightly beaten, and mix well. Add the milk. Cook in a double boiler for about 15 minutes, stirring constantly, until the mixture thickens. Cool and add the vanilla.

Cookies

OATMEAL COOKIES

$\frac{1}{4}$ cup raisins

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ cup sugar

$\frac{1}{3}$ cup flour

1 cup oatmeal

$\frac{1}{3}$ cup molasses

1 teaspoon baking powder

$\frac{1}{2}$ tablespoon grated lemon rind

1 egg

$\frac{1}{8}$ teaspoon soda

$\frac{1}{4}$ cup melted shortening

1 tablespoon milk

Wash the raisins and drain. Mix and sift the flour, baking powder, soda, and salt. Combine the sugar, molasses, beaten egg, and milk with melted

shortening, and mix well. Add flour and oatmeal gradually. Add raisins and grated lemon rind. Drop from a teaspoon on greased baking sheets. Bake in a moderate oven (375° F.) from 12 to 15 minutes. Yield: about 3 dozen cookies.

CHOCOLATE CHIP COOKIES

$\frac{1}{2}$ cup shortening	1 cup flour	$\frac{1}{2}$ teaspoon allspice
$\frac{1}{3}$ cup honey	1 teaspoon baking powder	$\frac{1}{2}$ cup chocolate chips
1 egg, beaten well	$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon vanilla
2 tablespoons water	$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{2}$ cup chopped nuts

Cream the shortening; add the honey, and blend well. Add the egg and water, and beat well. Add flour, baking powder, salt, and spices which have been mixed and sifted. Stir in chocolate chips, vanilla, and nuts. Drop by tablespoonfuls on a greased baking sheet. Bake in a moderate oven (375° F.) from 10 to 12 minutes. Yield: about 4 dozen cookies.

MOLASSES GINGER HERMITS

$\frac{1}{2}$ cup shortening	3 cups flour	1 teaspoon salt
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon soda	$\frac{1}{4}$ cup sour milk
1 egg	3 teaspoons baking powder	1 cup raisins
1 cup molasses	1 teaspoon ginger	

Cream together the shortening and sugar. Beat the egg and add. Add molasses and mix thoroughly. Sift together the flour, soda, baking powder, ginger, and salt. Add to the creamed mixture alternately with sour milk. Add raisins. Drop by teaspoonfuls on greased baking sheet. Bake in a moderately hot oven (400° F.) for about 10 minutes. Yield: $7\frac{1}{2}$ dozen 2-inch cookies.

FUDGIES

$\frac{1}{4}$ cup shortening	1 egg	1 teaspoon salt
$\frac{1}{2}$ cup sugar	2 squares chocolate	$\frac{1}{2}$ cup buttermilk or sour milk
$\frac{1}{2}$ cup dark corn sirup	2 cups flour	$\frac{3}{4}$ cup chopped nuts
1 teaspoon vanilla extract	$\frac{1}{2}$ teaspoon soda	

Cream together the shortening and sugar. Add sirup gradually, beating after each addition. Blend in vanilla extract. Add the egg and beat until light. Add melted chocolate. Sift together the flour, soda, and salt. Add to the creamed mixture alternately with buttermilk, beating smooth after each addition. Add nuts. Drop by teaspoonfuls on greased baking sheets. Bake in a moderate oven (350° F.) from 10 to 15 minutes. Yield: 4 dozen 2-inch cookies. (One-half cup of cocoa may be used instead of chocolate. Sift cocoa with flour, soda, and salt.)

PEANUT BUTTER HONEY COOKIES

$\frac{3}{4}$ cup raisins	$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup brown sugar
$2\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup shortening	1 egg
$1\frac{1}{2}$ teaspoons baking powder	$\frac{1}{2}$ cup peanut butter	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{4}$ teaspoon soda	$\frac{1}{2}$ cup honey	

Wash the raisins and drain. Sift the flour with baking powder, soda, and salt. Cream the shortening and peanut butter together, blending them well. Add the honey, mixing it in thoroughly. Add the sugar gradually, blending it in. Add the egg and beat. Add vanilla. Stir in the dry ingredients slowly. Shape into a roll. Wrap in waxed paper, chill thoroughly. Cut in thin slices and bake in a hot oven (400° F.) for about 10 minutes. Yield: 5 dozen cookies.

SOUPS

Cream soup, purée, bisque, and chowder are heavy soups and are sufficiently nourishing to serve as the main dish at lunch or supper. A medium white sauce (page 31) is used as the basis for them. Fish, meat, vegetables, dried peas and beans, or a combination of these, are added to the white sauce.

Water in which vegetables are cooked, and the liquid from canned ones, should be saved. Any leftover vegetables heated in this stock and put through a sieve may be added to an equal quantity of medium white sauce to make a cream soup.

Meat Stock Soup—Clear soups such as bouillon and consommé have little food value but make pleasant appetizers at the beginning of a meal. To make more substantial soups, many of the foods suggested for cream soups may be added to meat stock.

SOUP STOCK

2-3 pounds bone and meat	1 onion, diced	4 cloves
3 quarts water	Stalk of celery and leaves	6 peppercorns
Sprig of parsley	1 or 2 carrots, diced	Salt to taste
	1 or 2 bay leaves	

Inexpensive cuts of meat, shin, neck, oxtail, and small scraps of meat, such as the flank end of steak or leftovers and bones of roast or poultry, may be used for soups. Cut the meat into small pieces. Pour cold water over the meat and bones, using about 1 quart for each pound of meat. Add seasonings and simmer gently in a covered pot for about 3 hours. The froth that rises to the top during the first part of the cooking time should be skimmed off. When soup stock is cool, it should be placed in the refrigerator until it is used. The fat will rise to the top and form a protective covering. If part of the stock is used, the fat should be removed and heated with the remaining stock so that it will always have the protective covering of fat.

VEGETABLE SOUP

Any combination of vegetables may be added to meat stock. The vegetables should be added during the last 20 to 30 minutes of cooking, depending upon the time required to make them tender. Such combinations as tomatoes, lima beans, diced turnip, diced carrots, chopped spinach, or other green leaves, chopped meat, and rice or barley make a satisfying soup.

DRIED-BEAN OR SPLIT-PEA SOUP

1 cup dried beans	4 tablespoons butter or	1 tall can evaporated milk,
or green or yellow	fortified margarine	or 1 quart fluid milk
split peas	4 tablespoons flour	Salt
1 small onion		

Soak beans or peas overnight in cold water, add onions and salt, and cook until soft. Put through a sieve. Make a white sauce of fat, flour, and milk. If evaporated milk is used, dilute it with an equal quantity of water. Add the peas and cook until well mixed. If quick cooking peas or beans are used, soaking is not necessary. (Leftover baked beans may be used.)

PEANUT BUTTER SOUP

4 tablespoons fat	$\frac{1}{2}$ cup peanut butter	Salt
4 tablespoons flour	1 tall can evaporated milk	

Dilute the milk with an equal quantity of water. Make a white sauce of fat, flour, milk, and salt. Stir in the peanut butter and cook for a few minutes longer.

OATMEAL CHOWDER

2 tablespoons butter or fortified margarine	3 cooked carrots, diced	2 cups cooked oatmeal
1 large onion, diced	1 cup split peas, cooked	1 quart water
	2 cups tomatoes	Salt to taste

Melt the fat, add the onion, and cook until browned. Add all other ingredients and cook for 20 minutes.

CREAM OF POTATO SOUP

4 medium-sized potatoes	2 tablespoons butter or fortified margarine	1 quart of milk
$\frac{1}{2}$ medium-sized onion		1 teaspoon salt
		$\frac{1}{8}$ teaspoon pepper

Pare and dice the potatoes. Cook them in a small amount of boiling water until tender. Mash. Scald the milk and onion in a double boiler. Strain out the onion and add the milk, fat, salt, and pepper to the potatoes and reheat. One-quarter pound raw chopped kale, spinach, watercress, parsley, or similar green may be added to the soup just before serving.

CREAM OF CELERY SOUP

3 cups celery	4 tablespoons flour	2 cups milk
2 cups boiling water	4 tablespoons butter or fortified margarine	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ teaspoon salt		

Wash the celery and cut into pieces, using both stalk and leaves. Cook in a small amount of boiling water until very soft and tender; rub through a sieve. Make a white sauce of fat, flour, milk, and seasonings. Add celery.

CREAM OF TOMATO SOUP

2 cups tomatoes	Pepper	1 slice onion
2 teaspoons sugar	2 cups milk	4 tablespoons butter or fortified margarine
1 teaspoon salt	4 tablespoons flour	

Cook tomatoes, onion, and sugar for about 5 minutes. Strain. Make white sauce of milk, fat, and flour. Add strained tomatoes slowly, stirring constantly. Season and serve.

CORN CHOWDER

Fat salt pork, 1 by 3 inches	1 No. 2 can corn, or	1 quart milk
1 sliced onion	2 cups fresh corn	Salt and pepper
4 potatoes cut in $\frac{1}{4}$ -inch slices	cut from cob	

Cut pork into small pieces and try it out in a pan over a slow fire. Add the sliced onion and cook for 5 minutes. Strain the fat into a saucepan. Add the potatoes and 2 cups of boiling water to the fat and cook until the potatoes are soft. Then add the milk and corn. Heat to the boiling point. Season with salt and pepper.

FISH CHOWDER

2 cups flaked, cooked cod or fresh cod	1 pint boiling water 1 sliced onion	1 tablespoon salt $\frac{1}{8}$ teaspoon pepper
6 potatoes, cut into cubes	Salt pork fat, 1 by 3 inches	1 quart milk

Try out the fat, add a sliced onion and cook to a light brown. Strain the fat into a saucepan, add the potatoes and boiling water, and cook for 10 minutes. Add the fish and simmer for 20 minutes. Add the milk and seasonings. Heat to the boiling point and serve. Any white fish, oysters, or clams may be used in place of the codfish.

HOT TOMATO JUICE

Use either canned tomato juice or strained canned tomatoes. Heat and season to taste. Allow $\frac{3}{4}$ cup for each serving.

FISH

While fish is not as plentiful as it was before the war, there are still many varieties of both fresh water and salt water fish available. Get acquainted with new varieties in your local markets. Since fresh fish is not rationed, it should be used frequently to take the place of rationed meats.

Select fish that has bright eyes and gills, shiny scales, firm flesh, and is free from disagreeable odor. Fresh fish is perishable and should be used soon after purchase. For storing in the refrigerator, it should be placed in a covered dish. Frozen fish need not be defrosted before cooking.

Salted or smoked fish must be soaked in cold water to freshen it and then placed in boiling water and gently simmered a few minutes before it is ready for broiling, baking, or creaming.

Broiling—Fish fillets, fish steaks, or whole fish like shad or mackerel, split open, are all suitable for broiling. Brush the fish with melted fat. Season with salt and pepper. Place in a preheated, lightly greased broiler about 2 inches below the heat. Broil on one side, then turn and broil on the other side. From 8 to 15 minutes are required for broiling, depending upon the size and thickness of the fish. Fish may be dotted with bits of butter or fortified margarine before serving. Sliced lemon may be served with it.

Baking—Whole fish or steak fish or fillets may be baked. Whole fish can be stuffed and baked. Fillets and steaks may be dipped in salted milk, then in bread crumbs, and baked in a hot oven about 450° F. They may also be baked in white sauce or tomato sauce. A lower temperature is used for this method (350°–375° F.).

Boiling—Lean fish like salmon, halibut, cod, or haddock are best for boiling. Wrap the fish in cheesecloth. Cover it with boiling salted water, and simmer from 10 to 12 minutes. A slice of onion, a few peppercorns, and bay leaf, which improve the flavor of the fish, may be added.

Pan Frying—Steaks, fillets, or small whole fish are suitable for pan frying. Coat with salted flour or cornmeal. Melt the fat in a heavy frying pan. Fry fish at moderate temperature from 10 to 15 minutes.

Creamed—Any flaked, cooked fish, canned fish, or cooked shrimp or lobster may be added to white sauce No. 2.

Newburg—White sauce is the basis for Newburg dishes. For each cup of white sauce, beat the yolk of 1 egg. Remove the white sauce from the fire, add slowly to the egg yolk, and reheat over hot water.

TOMATO SAUCE

2 cups canned tomatoes	1 bay leaf	1 or 2 stalks celery, chopped
1 teaspoon salt	3-4 peppercorns	2 tablespoons chopped green pepper (optional)
2 tablespoons chopped onion		

Combine the ingredients and cook a few minutes to blend. Pour over fish to be baked. This sauce also may be used in place of water for boiled fish. When sauce is used, do not wrap the fish in cheesecloth.

FISH BAKED WITH STUFFING

1 whole fish like haddock or whitefish	$\frac{1}{4}$ cup melted butter or fortified margarine	1 tablespoon grated onion
2 cups soft bread crumbs	$\frac{1}{2}$ teaspoon salt	1 tablespoon chopped parsley
		$\frac{1}{4}$ cup cold water

Combine the ingredients in the order given. If a dry stuffing is preferred, the water may be omitted. Clean and wipe the fish. Rub the inside with salt. Fill it with stuffing and sew together. Brush the outside of the fish with melted fat. Bake in a moderately hot oven (375° F.) for about 15 minutes to the pound.

BROILED FINNAN HADDIE

Wash the fish. Let it soak in cold water $\frac{1}{2}$ hour. Cover it with boiling water and simmer gently for 15 minutes. Drain. Brush with melted butter or fortified margarine. Place in preheated, greased broiler and broil for about 15 minutes. Place on a hot platter, sprinkle with bits of butter or fortified margarine and the juice of $\frac{1}{2}$ lemon.

CREAMED FINNAN HADDIE

Prepare as for broiled finnan haddie. After draining the fish, separate it into flakes. Make white sauce No. 2, add flaked fish and, just before serving, one or two sliced hard-boiled eggs. Use 1 cup of white sauce to each cup of fish.

BROILED SALT MACKEREL

Soak in cold water overnight. Drain and wipe dry. Remove the head and tail. Follow the directions for broiled finnan haddie.

CODFISH BALLS

1 cup salted codfish, shredded	$\frac{1}{8}$ teaspoon pepper	1 egg
3 cups diced potatoes	$\frac{1}{2}$ tablespoon butter or fortified margarine	

Soak the codfish in cold water overnight. Drain and shred. Cook potatoes and codfish together until potatoes are tender. Mash, add the egg, butter, and pepper. Beat until light. Shape into cakes, roll in fine, dry bread crumbs, and pan fry until browned on both sides.

SCALLOPED FLAKED COD OR OTHER FISH

1 pound flaked cod	$1\frac{1}{2}$ cups white sauce	$\frac{1}{4}$ cup buttered crumbs
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Arrange the fish and sauce in layers in a well-greased baking dish. Cover with bread crumbs. Bake in a moderate oven (350° F.) until heated throughout and the crumbs are browned on top. Any kind of cooked fish may be flaked and prepared in this way. This recipe is suitable also for canned salmon or tuna fish.

SALMON LOAF

1 cup flaked cooked salmon, or canned salmon	1 teaspoon salt	Egg yolk, beaten
1 cup bread crumbs	1 tablespoon butter or fortified margarine	1 teaspoon lemon juice
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon onion juice	Egg white, stiffly beaten

Combine the ingredients in the order given, folding in the stiffly beaten egg white last. Place the mixture in a well-greased pan and bake in a moderately hot oven or steam the mixture. Serve with white sauce No. 1 (page 31). Other cooked fish like cod, halibut, or haddock may be used in place of salmon.

OYSTERS—FRIED

Select large oysters, remove pieces of shell, wash, and wipe dry. Roll in well-seasoned dry bread crumbs which have been sifted. Dip in egg (beaten with 1 tablespoon of water or oyster juice), and again in the crumbs. Fry in deep fat.

OYSTERS—SCALLOPED

1 quart oysters	4 tablespoons flour	1 teaspoon salt
4 tablespoons butter or fortified margarine	1 cup milk	$\frac{1}{8}$ teaspoon pepper
	1 cup oyster liquor	Soft bread crumbs

Remove the oysters from the liquor, pick them over carefully to remove any pieces of shell. Strain the liquor. Melt the butter, add the flour, add the milk and oyster liquor. Season. Put alternate layers of oysters and sauce in a greased baking dish. Cover with crumbs, dot with butter. Bake in a moderately hot oven (375° F.) until heated through and the crumbs are browned.

OYSTER STEW

1 quart oysters	$\frac{1}{4}$ cup butter or	2 teaspoons salt
1 quart milk	fortified margarine	$\frac{1}{2}$ teaspoon pepper

Prepare the oysters and liquor as for scalloped oysters. Heat the liquor. Add the oysters and simmer gently until the edges begin to curl. Add the milk which has been scalded, butter, and seasoning.

MEAT

Because of the heavy demands on meat supplies, the quantity available for civilian use will be variable. Point values on meat will change according to supply. Using some low-point and unrationed meat makes it possible to serve meat in amounts adequate to supply the nutritive needs of the family and to provide satisfying meals.

Meat extenders, like cereal, bread crumbs, soybeans and soybean grits, and vegetables, help to use leftovers and make low-cost cuts attractive. Casserole dishes, stews, meat loaves, and meat pies are the kinds of dishes in which small amounts of meat can be made to go further. All fat trimmed off meat or left over from cooking, should be tried out, and either used in cooking or turned in at the butcher's for salvage.

CARE OF MEAT IN THE HOME

Remove the wrapping paper from the meat as soon as it comes from the market. Cover it lightly with waxed paper and place it in the coldest part of the refrigerator. Chopped meat and glandular organs, like liver and kidney, spoil quickly. If they are held over, they should be wrapped in waxed paper and placed in the freezing unit of the refrigerator.

Before cooking, meat should be wiped with a damp cloth. It should not be soaked in water.

METHODS OF COOKING MEAT

All meat should be cooked at moderate temperature as it preserves tenderness and results in less shrinkage.

Broiling—Cuts to use: tender cuts of beef and lamb such as steaks and chops, ground beef and lamb patties, and slices of ham. Place in preheated broiler about 3 inches from the source of the heat. Broil on one side, then turn and broil on the other side. The time required depends upon the thickness of the meat and the degree of doneness desired. Seasoning may be added either before broiling or just before serving.

Pork and veal should not be broiled. Both require thorough cooking.

Pan Broiling—Use the same cuts suggested for broiling, also pork, veal, and sliced bacon and liver. Place the meat in a heavy frying pan. Do not add water or fat. Brown on one side. Season with salt and pepper. Turn and brown on the other side. Season. Adjust the heat so that the meat will brown without burning. (Directions for fried liver are on page 26.)

Braising—Cuts to use: less tender cuts such as chuck, rump and brisket of beef, neck, shoulder, heart of veal, lamb, or pork. Season the meat with salt and pepper. Brown on all sides in hot fat in a heavy utensil. Add a small amount of water. Cover tightly and simmer gently until the meat is tender. A bay leaf, a few peppercorns, a carrot, and an onion may be added at the beginning of cooking to provide flavor. Vegetables to be served with the meat should be added just long enough before serving to make them tender.

Roasting—Cuts to use: standing rib and rolled roasts of beef, leg, crown or shoulder of lamb, leg, loin, shoulder of veal or pork. Place the roast, fat side up, on a rack in an open pan (with no water added). Rub it with salt and pepper. Use moderately low heat (325° F.) throughout the roasting period. (See timetable, page 22.) A more accurate test of the degree of doneness is to use a meat thermometer which can be inserted in the meat.

Stewing—Cuts to use: corned beef, ham (whole or large sections), tongue (smoked or fresh), neck, shoulder or breast of lamb, veal or pork, also leftovers from roasts. For large pieces of meat like corned beef or tongue, cover the meat with cold or hot water. Add seasonings and simmer until the meat is tender. For stews, cut the meat from the bone in 2-inch cubes, brown the meat in hot fat in a heavy utensil. Add the bones and seasoning. Cover with hot or cold water, stock, or tomatoes, or a combination of these. Cover the utensil tightly and simmer until the meat is tender. Add the vegetables 20 or 30 minutes before the end of the cooking time, depending upon the length of time required to make them tender. Gravy should be thickened with flour and water (see recipe, page 23). Dumplings may be added about 20 minutes before the end of the cooking time (see recipe, page 23).

TIMETABLE FOR ROASTING MEAT AND POULTRY

Fresh Meat (oven temperature: 325° F.)

	Minutes Per Pound 3 to 5 lb.	Minutes Per Pound 6 to 8 lb.	Average Total Time
<i>Beef</i>			
Standing Ribs—rare.....	26 min.....	22 min.....	2½ hr.
medium.....	30 min.....	26 min.....	3 hr.
well-done....	35 min.....	33 min.....	3¾ hr.

 Rolled Ribs—add 5 to 10 min. per pound

Pork

Leg.....	45 to 50 min.....	40 min.....	4½ hr.
Rib and Loin.....	35 to 40 min.....	35 min.....	4 hr.
Shoulder.....	40 min.....	35 min.....	4 hr.
Boston Butt.....	50 to 55 min.		

Lamb

Leg—medium.....	35 min.....	30 min.....	3½ hr.
well-done.....	40 min.....	35 min.....	4 hr.
Crown—well-done.....	45 min.		
Shoulder—well-done.....	35 min.		
Boneless Roll—well-done....	40 min.		

Veal

Leg.....	35 to 40 min.....	30 min.....	3½ hr.
Loin.....	35 min.....	30 min.....	3½ hr.
Shoulder.....	40 min.....	35 min.....	4 hr.
Boneless Shoulder Roll.....	45 min.....	40 min.....	4½ hr.

Cured and Smoked Pork (oven temperature: 325° F.)

Ham

Minutes Per Pound

Half Hams—6 to 8 lb.....	22 min.
10 to 12 lb.....	18 min.
12 lb. and over.....	15 min.

Boneless Butt

2 lb.....	45 min.
4 lb.....	35 min.

Poultry (oven temperature: 325° F.)

Chicken

Minutes Per Pound

4 lb. stuffed weight.....	35 min.
6 lb. stuffed weight.....	30 min.

Duck

5 lb. stuffed weight.....	30 min.
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Turkey

8 lb. stuffed weight.....	18 min.
12 lb. stuffed weight.....	15 min.
14 lb. stuffed weight.....	14 min.
Over 14 lb. stuffed weight.....	13 min.

(Add ½ hour of cooking time for every
2 lb. of weight over the 14 lb.)

GRAVY FOR ROAST OR PAN-BROILED MEAT

Pour off all but about 4 tablespoons of the fat left in the pan after roasting the meat. Add 4 tablespoons of flour. Mix well. Add 2 cups boiling water gradually, scraping the brown deposit from the pan. Allow it to come to a boil, stirring constantly. Usually less fat is left after pan broiling. Use 1 tablespoon of flour and $\frac{1}{2}$ cup of liquid for each tablespoon of fat.

GRAVY FOR POT ROAST OR STEW

For each cup of liquid, add gradually 2 tablespoons of flour mixed with an equal quantity of cold water. Allow it to come to a boil.

DUMPLINGS

2 cups flour	$\frac{1}{2}$ teaspoon salt	1 cup milk or water
4 teaspoons baking powder		

Sift the dry ingredients together in a mixing bowl. Add the liquid and mix to a batter that will drop from a spoon. Drop from the spoon into the boiling stew, being careful that there is plenty of liquid and no possibility of boiling dry. Cover tightly and cook undisturbed from 10 to 20 minutes, depending on the size of the dumplings.

MEAT LOAF

1 pound ground meat	1 teaspoon salt	1 teaspoon Worcestershire
1 egg, well beaten	$\frac{1}{4}$ teaspoon pepper	sauce
$\frac{1}{4}$ cup catsup	2 tablespoons chopped	$\frac{2}{3}$ cup water
(optional)	onion	$\frac{2}{3}$ cup oatmeal

Ground beef, veal, or lamb, or a combination of the three, may be used. Combine the ingredients in the order given. Mix well. Pack in a greased loaf-pan. Bake in a moderately hot oven (375° F.) for 1 hour. May be served hot or cold.

Two-thirds cup of soybean grits or flakes, bread crumbs or corn flakes may be substituted for the oatmeal. When using soybean grits, allow 1 cup of boiling water instead of the $\frac{2}{3}$ cup listed above. Pour the water on the soybeans and simmer gently while mixing the other ingredients.

HAMBURGER STEAK

Shape the meat loaf mixture made with ground beef into cakes. Place the cakes in a lightly greased heavy frying pan. Pan broil until the cakes are well browned on both sides.

FLANK OR ROUND STEAK, STUFFED AND ROLLED

1 pound round or flank	2 tablespoons fat	$\frac{1}{4}$ cup carrot, cubed
steak, $\frac{1}{2}$ inch thick	1 onion, sliced	1 cup boiling water or stock

STUFFING

2 cups bread crumbs	1 teaspoon minced onion	Pepper
2 tablespoons melted	Poultry seasoning	Water or stock to
butter or fortified	$\frac{1}{2}$ teaspoon salt	moisten
margarine		

Brown the onion in melted fat, add the bread crumbs, seasoning, and water or stock. Spread over the meat. Roll, and tie securely. Brown in fat

in a heavy utensil. Add water or stock and vegetables. Simmer gently on top of the stove for $1\frac{1}{2}$ hours or bake in a moderate oven (325° F.) for the same length of time.

SWISS STEAK

Use a slice from the round, rump, or chuck of beef. Have the meat cut about 2 inches thick. (Two pounds will make five generous servings.) With the edge of a saucer, pound the flour into the steak. Season with salt and pepper. Brown in a little fat. Add 3 or 4 diced carrots, 2 medium or 1 large onion diced, and water, stock, or tomato juice to cover the bottom of the pan. Cover tightly and simmer gently for about 2 hours. If necessary, add more liquid during cooking. If gravy needs thickening, use the method suggested for pot roast (page 23).

BRAISED SHORT RIBS OF BEEF

Cut short ribs into individual servings and rub with flour, season with salt and pepper. Proceed as for Swiss steak.

VEAL CUTLETS

$2\frac{1}{2}$ pounds veal (from round)	4 tablespoons fat	1 egg
Salt	Fine bread crumbs	1 tablespoon water
Pepper		

Wipe the meat and cut it into pieces for individual serving, removing the bone, skin, and tough membranes. Beat the egg and water, so that the white is well broken, but not light. Dip the meat in sifted seasoned bread crumbs; dip in egg, then in crumbs again. Melt the fat in a frying pan. When hot, brown the cutlets quickly on both sides. Pour the sauce over the cutlets, cover, then cook at a low temperature for 1 hour or until tender, turning occasionally.

SAUCE FOR CUTLETS

2 tablespoons fat	2 cups stock, water,	1 teaspoon Worcestershire sauce
2 tablespoons flour	or strained tomatoes	2 tablespoons chopped parsley,
$\frac{1}{2}$ teaspoon salt	or tomato juice	or lemon juice, or horse-
$\frac{1}{8}$ teaspoon pepper		radish

Make according to the directions for white sauce (page 31).

VEAL BIRDS

$1\frac{1}{2}$ pounds veal steak	2 tablespoons fat	$1\frac{1}{2}$ cups boiling water
$\frac{1}{4}$ cup flour		

Wipe the veal and trim off the fat; cut into 6 pieces of uniform size; spread each piece with stuffing, roll, and fasten with toothpicks. Roll the birds in part of the flour and brown in melted fat. Remove the meat from the pan and add the rest of the flour and boiling water. Make a smooth gravy. Place the birds in a casserole, pour the gravy over them and bake for 1 hour at 375° F. Make stuffing according to the recipe for flank steak (see pages 23-24).

BARBECUED LAMB SHANKS

4 lamb shanks	2 cups cooked rice	1 tablespoon Worcestershire sauce
Salt and pepper	$\frac{1}{2}$ cup chili sauce	$\frac{3}{4}$ cup water
2 cups water	1 tablespoon vinegar	

Season lamb shanks with salt and pepper. Cover with water and simmer until tender for about $1\frac{1}{2}$ hours. Remove the meat from the bones. Place the rice in a greased baking dish, lay the meat on the rice. Cook together chili sauce, vinegar, Worcestershire sauce, and water. Pour the mixture over the meat and rice. Bake in a moderate oven (350° F.) for about $\frac{1}{2}$ hour.

PORK CHOPS WITH DRESSING

6 pork chops	Salt and pepper	1 cup stuffing (pages 23-24, stuffing for flank steak)
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Use either loin or shoulder chops. Lay the chops in a flat pan. Season with salt and pepper. Spread the dressing on top. Bake in a moderate oven (350° F.) for about 1 hour.

BAKED HAM

Most of the hams that are sold under the trade names of the large meat packing firms have been processed, so that they do not require boiling before baking. Country style hams do require boiling before baking. A 12-pound ham should be gently simmered for about 3 hours. To bake, dot the outside of the ham with cloves and coat it with a mixture of brown sugar and flour. Place on a rack in an uncovered pan. Bake in a moderate oven according to the directions in the timetable on page 22.

BAKED SLICE OF HAM

Melt about 2 tablespoons of brown sugar in a frying pan; place a slice of ham about $1\frac{1}{2}$ -inch thick in the pan and brown it on both sides. Pour 1 cup of milk around it and bake it in a slow oven (300° F.) for about 30 minutes. Remove the ham, thicken the gravy, and serve.

Variety Meats

Brains, sweetbreads, tripe, liver, heart, tongue, and oxtail are known as variety meats. They are high in food value and since all but the oxtail are solid meat, there is no waste.

Brains and Sweetbreads—Wash in warm water. Then simmer gently about 20 minutes in enough water to cover. Add 1 teaspoon salt and 1 tablespoon of vinegar for each quart of water used.

Break the meat into pieces and discard any bits of membrane. Serve in cream sauce alone or combined with other meats; scramble with eggs; dip in egg and crumbs and pan broil in a small amount of fat.

Heart—Beef heart is larger and less tender than calf, lamb, and pork hearts. One beef heart will serve four or five persons. The smaller hearts make from one to two servings.

BRAISED HEART

Wash thoroughly, remove any veins or arteries. Brown in a small amount of fat. Add a small amount of water, season with salt and pepper. Simmer until the heart is tender. Calf, lamb, and pork hearts require from 2 to $2\frac{1}{2}$ hours for cooking. Beef hearts require from 3 to $3\frac{1}{2}$ hours. Hearts may be filled with bread stuffing (pages 23-24) before braising.

Tongue is sold both smoked or fresh. It should be washed carefully and simmered in water to cover for from 3 to 4 hours. Salt, peppercorns, a few bay leaves, a sliced onion, and a sliced carrot may be added to the cooking water. After cooking, remove the skin.

BRAISED TONGUE

1 cooked tongue	2 cups water in which	4 tablespoons fat
2 cups canned tomatoes	tongue was cooked	4 tablespoons flour

Make a sauce by melting fat, adding flour, water, and tomatoes. Cook the tongue according to the directions above, remove the skin and place it in a covered casserole. Pour the sauce over it and bake in a moderate oven (350° F.) for about 2 hours. Uncover the casserole for the last $\frac{1}{2}$ hour of cooking. Serve the tongue on a platter with sauce surrounding it.

Tripe—Tripe is the inner lining of the stomach of beef, veal, lamb, or pork. Although tripe has been cooked before selling, it should be cooked again before using. Simmer in water to cover for about 1 hour. Serve in cream sauce, or add tripe cut into small pieces, potatoes, green peppers, and onions to the stock in which it was cooked and make a thick soup known as Pepper Pot.

Kidneys—Lamb, pork, or veal kidneys may be washed, split and marinated in French dressing or rubbed with fat and broiled for about 5 minutes on each side. Beef kidneys are less tender and should be braised according to the directions given for beef heart.

Oxtails—Oxtails may be used for soup or braised in tomato sauce. For soup, cut at the joints, wash thoroughly in several waters. Simmer in enough water to cover until the meat falls from the bones. Add barley and vegetables and serve.

Liver—Beef, lamb, veal, and pork liver are of equal food value, although the last three are more tender. Beef liver is best adapted to stewing and braising according to the directions given for heart. Lamb, veal, and pork liver may be fried or broiled.

FRIED LIVER

One pound of liver will make four or five servings. Remove the veins and skin. Cut into $\frac{1}{2}$ -inch slices, dredge with flour, season with salt and pepper. Drop into hot fat in a frying pan and fry for about 5 or 6 minutes until it is lightly browned on both sides. If bacon is served with the liver, it should be fried first and the liver fried in the hot bacon fat.

CREAMED LIVER

1 pound liver, diced	$\frac{3}{4}$ teaspoon salt	1 tablespoon chopped green
2 tablespoons fat	$1\frac{1}{2}$ cups milk	pepper
2 tablespoons flour		1 teaspoon minced onion

Drop the liver in salted, boiling water and cook for 5 or 10 minutes; then dice. Melt the fat, add the flour, seasoning, and milk. Stir until smooth; add diced liver, onion, and green peppers. May be served on toast.

LIVER LOAF

1 pound liver	1 cup bread crumbs	1 cup milk
1 onion	1 egg	1 teaspoon salt

Drop the liver in salted boiling water and cook for 5 or 10 minutes. Grind in a food chopper together with the onion; add crumbs, egg (slightly beaten), milk, and salt; mix well and put in a greased baking dish. Set in a pan of hot water and bake for $\frac{1}{2}$ hour in a moderate oven (350° F.).

LIVER WITH VEGETABLES

1 pound liver, sliced	2 cups water	2 carrots
1 tablespoon fat	1 cup peas (dried cooked)	2 turnips
2 tablespoons flour	1 cup canned tomatoes	Seasoning
6 small onions		

Brown 1 onion, flour, and liver in fat. Cut the liver into small pieces. Add water, peas, tomatoes, diced carrots, turnips, seasoning, and the remaining onions. Cook for about 20 minutes until the vegetables are done.

LIVER WITH RICE OR POTATOES

1 pound liver	1 medium onion	Salt to taste
2 cups canned tomatoes	3 cups cooked rice or potatoes	

Drop the liver in boiling salted water and cook for 5 or 10 minutes. Remove from the water and cut into small pieces. Combine with tomatoes, onion, rice, or potatoes. Cook a few minutes until the flavor is blended.

LIVER-STUFFED GREEN PEPPERS

$\frac{1}{2}$ pound liver	$\frac{1}{2}$ cup canned tomatoes	1 teaspoon salt
6 green peppers	$1\frac{1}{2}$ tablespoons minced onion	1 cup hot water
1 cup cooked rice		

Drop the liver in boiling salted water and cook from 5 to 10 minutes. Grind in a meat chopper. Remove the seeds from peppers. Parboil for a few minutes in boiling salted water. Mix all the ingredients and stuff the peppers. Set in a baking dish, pour hot water around the peppers and bake for 30 minutes in a moderate oven (350° F.).

SCALLOPED LIVER AND POTATOES

6 potatoes	1 onion, minced	$1\frac{1}{4}$ teaspoons salt
1 pound liver	1 green pepper	$1\frac{1}{2}$ cups milk

Boil the potatoes in their jackets; when done, peel and cut in slices. Drop the liver in boiling salted water and cook from 5 to 10 minutes. Cut into small pieces. Grease a baking dish. Cover the bottom with a layer of potatoes, add a layer of liver, and sprinkle with onions, green peppers, and seasoning. Repeat until the ingredients are used. Add milk and bake for 30 minutes in a moderate oven (350° F.).

Poultry

Turkeys, ducks, and geese are usually roasted. Chicken is adapted to stewing, broiling, and frying as well as roasting, depending upon the age of the bird. However, only young birds are suitable for frying and broiling.

ROAST CHICKEN

Remove all pin feathers and singe if necessary by holding the bird over direct heat. Be sure that the lungs and all of the entrails have been removed. Cut off the oil sack above the tail. Wash inside by allowing cold water to run into it several times. Wipe it dry and rub the cavity with salt. Fill with stuffing (pages 23-24). About 4 cupfuls are required for a 3- to 4-pound chicken. Sew up the slit and tie the legs together with heavy thread. Stuff the breast cavity by lifting the skin around the neck. Rub the outside of the chicken with melted fat, sprinkle with salt and pepper. Place it breast-side up on a rack in an open roasting pan. For roasting time, consult the table on page 22. Baste the chicken with melted fat two or three times while roasting. Turn it so that it will brown on all sides.

Make gravy according to the directions on page 23. For milk gravy, substitute milk for the water.

Chicken giblets should be covered with cold water, seasoned, and simmered gently until they are tender. They may be chopped and added to the gravy or combined with the stuffing. The stock can be used in the gravy or saved to use in some dish made with the leftovers.

These same directions apply to roast duck and turkey. Duck is usually quite fat. Orange juice may be used for basting instead of fat.

CHICKEN FRICASSEE

Wash and disjoint a chicken. Place it in a kettle. Cover with slightly salted water (a slice of onion and a few celery tops may be added also). Cover the kettle and simmer gently until tender. Remove the chicken to a platter and keep it warm while making gravy from the stock in the kettle. Thicken with flour and water according to the directions on page 23. Pour gravy over the chicken and serve immediately. Dumplings may be added to the gravy (page 23).

TO FRY CHICKEN

Select a young chicken. Cut up. Wash and drain, but do not dry. Dredge well with flour and seasoning. Use drippings for fat—salt pork, bacon, beef or chicken fat will do, or use part butter and part other fat. Cook the chicken slowly in fat in the frying pan until tender and well browned. Serve with cream or milk gravy.

CHICKEN A LA MARYLAND

Cut up the chicken as for fricassee. Dip in egg and bread crumbs. Bake in the oven, adding a small amount of water and basting frequently. Fifteen minutes before removing it from the oven, add 2 cups of cream or milk, and simmer gently. Remove the chicken, and thicken the liquid.

CHICKEN PIE

Cook the chicken as for fricassee. Place in a baking dish. Pour the gravy over the chicken and cover the pan with pie crust (page 50). Slit the crust in several places. Bake in a moderate oven (350° F.) about $\frac{1}{2}$ hour or until the crust is well browned. If vegetables are desired in the pie, they can be partially cooked in the stock before it is thickened. Cooking will be completed while the pie is baking. Potatoes, carrots, and onions make a good combination.

CREAMED CHICKEN

Use any leftover chicken, cut from the bone, or canned chicken. Make white sauce No. 2, using part milk or part chicken stock and part milk. One cup of white sauce is needed for each cup of chicken. Add chicken and serve on toast, waffles, boiled rice, or in a noodle ring (page 34).

Variation: For part of the chicken, substitute chopped mushrooms. Cook the mushrooms in a covered pan in butter or fortified margarine for about 5 minutes. Two tablespoons of chopped pimento may be added also.

Leftover Meats

Almost any leftover meat may be combined with other foods, well seasoned, and be made up into very palatable dishes, such as stews, scallops, or pies. Beef, veal, mutton, lamb, chicken, ham, liver, kidney, and heart are all desirable and may be combined in various ways. Fish may be substituted for meat in many recipes.

SHEPHERD'S PIE OR SCALLOPED MEAT

2 cups chopped cooked meat	1 teaspoon salt $\frac{1}{8}$ teaspoon pepper	1 tablespoon finely chopped onion
2 cups mashed potato	$\frac{1}{8}$ teaspoon paprika	1 or 2 tablespoons butter or fortified margarine
2 cups leftover gravy		

Combine meat, gravy, and onion. Line the bottom of a buttered baking dish with well-beaten mashed potato. Add a thick layer of the meat mixture, then cover with a layer of potato. Or, meat and gravy may be placed in the lower part of the baking dish with a single thick layer of mashed potato for the crust. Dot with bits of butter or fortified margarine. Bake in a hot oven (400° F.) until the potatoes are brown, or, if cold potatoes have been used, until thoroughly heated and browned. Crumbs, macaroni, or rice may be substituted for potatoes.

MINCED MEAT ON TOAST

Use any meat, put through a food grinder or chop fine in a chopping bowl. Heat in gravy, white sauce, or tomato sauce. Add butter, season well, and serve on hot toast.

HASH

1 to 2 cups chopped meat	$\frac{1}{4}$ teaspoon pepper 1 teaspoon mixed onion or celery	3 to 4 tablespoons butter or fortified margarine Enough milk, water, or stock to moisten
2 cups cooked potato		
1 teaspoon salt		

Any available leftover meat may be used, taking about equal parts of meat and potato. Chop the meat first, then add the potato and chop together. Moisten it enough to hold together. Season. Melt fat (1 tablespoon to each cup of hash) in a frying pan, spread the hash in evenly and cook slowly from 20 to 30 minutes. When the hash is well browned, loosen it with a spatula, and turn one half of it over the other half. The hash may be put in a buttered pan and baked in the oven.

BAKED RICE AND MEAT

2 cups cold, cooked meat (chicken, beef, veal, or lamb)	1 cup canned tomatoes, salt, and pepper	1 tablespoon Worcestershire sauce
	$\frac{1}{2}$ cup rice	2 medium-sized onions
2 cups meat stock	2 tablespoons fat	

Cook the meat, which has been cut into cubes, stock, tomatoes, one of the onions cut fine, Worcestershire sauce, and seasonings together for about 10 minutes. Melt the fat in a frying pan and add the onion and uncooked rice. Allow both to brown slightly and add them to the other mixture. Turn all into a buttered casserole and bake in a moderate oven (350° F.) for 40 minutes.

MEAT CROQUETTES

2 cups ground cooked meat	1 egg
1 teaspoon finely chopped onion	1 tablespoon water
1 cup white sauce No. 3, page 31	Fine dry crumbs

Mix meat and onion and season to taste with salt and pepper. Combine with white sauce. Chill mixture thoroughly, then divide evenly into separate portions, allowing 2 tablespoons for each croquette. Shape into balls, cylinders, cones, or any desired shape. Beat egg with 1 tablespoon of water. Roll the croquettes in crumbs, dip in egg, again roll in crumbs, and fry in deep fat until light brown in color. Drain on paper. They may be served with sauce.

Any meat or combination of meats may be used. Fish, eggs, and macaroni may be used in the same way. Chopped parsley or celery salt may be added also for seasoning. Lemon juice combines well with fish or chicken.

MEAT STEW

Cut any leftover cooked meat into 2-inch cubes. Brown in melted fat together with 1 or 2 onions, depending on the amount of meat. Add carrots diced and potatoes, cover with stock and cook slowly until the vegetables are almost soft, thicken the gravy with flour and water. Drop the dumplings on top, cover tightly, and cook for about 15 minutes longer. (Dumpling recipe, see page 23.) The stock for the stew can be made from the bones and trimmings or from meat or vegetable extract.

MEAT PIE

Meat pie is stew covered with pie crust. Put the stew in a deep dish, cover it with pie crust. Bake in a moderately hot oven (375° F.) for about 30 minutes or until the crust is brown.

Meat and Vegetable Sauces

HOLLANDAISE SAUCE

$\frac{1}{2}$ cup butter or fortified margarine	2 egg yolks	Sprinkle of cayenne
	$\frac{1}{4}$ teaspoon salt	1 tablespoon lemon juice

Divide the butter into 3 pieces. Put 1 piece in a pan with the egg yolks and lemon juice and cook over hot water, stirring constantly with a wire whisk. Do not let the water touch the pan or the egg will cook too quickly. As the sauce thickens, add the second piece of butter, then the third. Remove from the fire; add seasoning. One tablespoon of cream added helps to keep the sauce from separating.

GOLDEN SAUCE

3 tablespoons butter or fortified margarine	$1\frac{1}{2}$ cups milk	2 egg yolks
3 tablespoons flour	$\frac{1}{4}$ teaspoon salt	1 teaspoon lemon juice
	$\frac{1}{8}$ teaspoon pepper	

Melt the butter; add the flour and milk slowly, stirring constantly. Season. Beat the egg yolks. Add a small amount of sauce slowly to the egg yolks, then combine with the rest of the sauce. After the eggs have been added, do not place over direct heat. Just before serving, add lemon juice.

MINT SAUCE

8 stalks mint, or 2 tablespoons dry mint 2 tablespoons sugar $\frac{1}{2}$ cup vinegar

Wash the mint and pick the leaves from the stems. Chop fine. Add sugar to the vinegar. Pour over the mint leaves. Let stand 1 hour.

CREAM OR WHITE SAUCE

1 (Thin)	2 (Medium)	3 (Thick)
1 cup milk	1 cup milk	1 cup milk
1 tablespoon flour	2 tablespoons flour	3 tablespoons flour
1 tablespoon butter or fortified margarine	2 tablespoons butter or fortified margarine	3 tablespoons butter or fortified margarine
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ teaspoon salt	1 teaspoon salt

Melt the butter in a saucepan, then add flour, stirring until the mixture becomes foamy, but not brown. Add milk; continue stirring to insure smoothness; cook until thickened. Season.

White Sauce No. 1 is used in the preparation of creamed vegetables. No. 2 is used in cream soups and scalloped dishes. No. 3 is that usually used for croquettes.

UNCOOKED CRANBERRY RELISH

1 pint cranberries 1 large or 2 small oranges $\frac{3}{4}$ cup sugar

Wash the cranberries and orange. Cut the orange in sections, leaving the peel on. Put the orange and cranberries through a meat grinder, using medium knife. Mix with sugar. Store in the refrigerator until used. Good with lamb or poultry, or as a fruit cup.

PEPPER AND TOMATO RELISH

1 peck ripe tomatoes	1 pint brown sugar	$\frac{1}{2}$ tablespoon allspice
12 onions (size of egg)	1 pint vinegar	1 tablespoon cinnamon
6 green peppers (small)	3 tablespoons salt	$\frac{1}{2}$ tablespoon cloves

Wash the vegetables. Dip the tomatoes in boiling water to remove the skins. Cut them into quarters. Peel the onions and remove the stem and seeds from the peppers. Chop fine. Add the sugar, vinegar, salt, and spices tied in cheesecloth. Cook slowly in a heavy kettle for about 2 hours, stirring frequently. Remove the spice bag and pour the mixture into sterilized jars. Seal immediately.

EGGS

Eggs and egg dishes should always be cooked at moderate temperature, as high temperature toughens the white or, in egg dishes, produces a watery consistency. Eggs should be kept in the refrigerator, but better results are obtained if, before using, they are allowed to come to room temperature.

COOKING EGGS IN THE SHELL

For soft-cooked eggs, place them in boiling water and simmer gently from 3 to 5 minutes, depending upon the consistency desired. Hard-cooked eggs require from 15 to 20 minutes' simmering.

POACHED EGGS

Heat the water to boiling in a shallow pan. Break one egg at a time onto a saucer and slide carefully into the boiling water. When all the eggs have been added, cover the pan and remove from the heat. Let stand until the eggs are set.

SCRAMBLED EGGS

Allow 3 eggs for each two servings. Break into a bowl, beat slightly, add 1 tablespoon of milk, and a sprinkling of salt for each egg. Melt enough fat in a frying pan to keep the eggs from sticking. Cook at low temperature until of a creamy consistency, lifting from the bottom of the pan and stirring with a spatula as they thicken.

Variation: Any chopped cooked meat as chicken, ham, liver, or chopped cooked mushrooms can be added to the eggs and scrambled with them.

SHIRRED EGGS

Pour about 1 tablespoon of cream into individual baking dishes. Break an egg into the dish. Sprinkle with salt. Bake in a moderate oven (350° F.) from 15 to 20 minutes until the eggs are set.

Variations: Place a thin slice of ham in each dish. Add an egg. Cover with thin white sauce. Sprinkle with grated cheese. Bake as for shirred eggs.

Place rounds of thin toast in each dish. Add an egg. Place a few cooked string beans or small spears of cooked asparagus around the egg. Cover with thin white sauce and bake as for shirred eggs.

EGGS FLORENTINE

On a bed of cooked and seasoned spinach, place eggs which have been poached. Pour over white sauce No. 2 seasoned with grated Parmesan cheese.

PLAIN OMELET

6 eggs	$\frac{1}{2}$ teaspoon salt	2 tablespoons fat
3 tablespoons milk	$\frac{1}{4}$ teaspoon pepper	

Beat the eggs until light. Beat in milk and seasonings. Melt the fat in a frying pan. Add the eggs and cook at low temperature. As they cook, tip the pan and with a spatula lift the egg so that the uncooked portion can run to the sides. When all of the mixture is set, allow it to brown slightly. Loosen with a spatula and fold one half over the other. Serve at once. Serves 4.

PUFFY OMELET

6 eggs	$\frac{1}{2}$ teaspoon salt	2 tablespoons fat
3 tablespoons water	$\frac{1}{4}$ teaspoon pepper	

Separate the eggs and beat the yolks with water, salt, and pepper until foamy. Fold into the mixture the stiffly beaten whites. Melt the fat in a heavy frying pan. Add the eggs and cook at low temperature until the omelet is slightly brown underneath. Put the pan in a moderate oven (350° F.) and bake for about 15 minutes until the omelet is firm. Fold one half over the other and serve immediately.

Variations: To make eggs go further, add 1 cup of soft bread crumbs to egg yolks before adding the whites.

Spanish Omelet—Pour sauce made of 1 cup of tomatoes and 1 tablespoon each of chopped green pepper and onion and seasoned with salt and pepper, around the omelet on a serving platter.

Cheese Omelet—Sprinkle grated cheese on top of the omelet before baking.

Any creamed meat or creamed vegetables may be poured around the omelet on a serving platter.

CREAMED EGGS AND POTATOES

4 large potatoes (boiled in skins)	2 tablespoons fat	1 cup water
	2 tablespoons flour	Salt
4 hard-cooked eggs, sliced	1 cup evaporated milk	

Melt the fat, add flour, salt, and evaporated milk mixed with water, and cook until slightly thickened. Add potatoes diced and eggs. Reheat.

CHEESE DISHES

Hard cheeses, like American and Swiss cheeses, are rationed and the supply is limited. However, when they are available, it is worthwhile to include them in the weekly food purchases since they add both food value and flavor to meals. Cheese and cheese dishes require moderate cooking temperature, otherwise they become tough and stringy.

CHEESE FONDUE

1 cup soft bread crumbs	1 tablespoon butter or	$\frac{1}{8}$ teaspoon pepper
1 cup milk	fortified margarine	2 eggs
1 cup cheese ($\frac{1}{4}$ pound) cut in fine pieces	$\frac{1}{2}$ teaspoon salt	

Scald the milk, add bread crumbs, cheese, fat, salt, and pepper. Add beaten egg yolks and mix thoroughly. Fold in stiffly beaten egg whites. Bake in a greased baking dish at moderate temperature (350° F.) from 35 to 40 minutes.

CHEESE SOUFFLÉ

3 tablespoons butter or fortified margarine	1 cup milk	1 cup cheese cut in small pieces
3 tablespoons flour	$\frac{1}{2}$ teaspoon salt	
	$\frac{1}{8}$ teaspoon pepper	3 eggs

Melt the fat, add flour and milk gradually. Cook at low temperature until thick and smooth. Remove from the heat, add seasonings and cheese, stirring occasionally to blend the cheese with the sauce. When slightly cooled, add beaten egg yolks and fold in stiffly beaten egg whites. Pour into an ungreased casserole or deep baking dish. Bake at moderate temperature (350° F.) until nicely browned on top for about 45 to 50 minutes. Serve immediately.

Variation: Instead of flour and fat to thicken the white sauce, use 3 tablespoons quick cooking tapioca. Cook the milk and tapioca at low temperature until the tapioca is clear, stirring constantly to keep it from burning. Proceed according to the directions above.

WELSH RAREBIT

1 tablespoon fat	$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon mustard
$\frac{1}{2}$ pound cheese cut in small pieces	1 teaspoon Worcestershire sauce (optional)	$\frac{1}{2}$ teaspoon salt
		Sprinkling of pepper

Melt the butter in a double boiler, add the cheese, milk, and seasonings and cook until the cheese is melted and the mixture is well blended. Pour over hot toast and serve immediately.

Variation: Tomato juice may be used in place of milk.

BAKED CHEESE SANDWICHES

Make sandwiches by laying a slice of cheese between two slices of bread. Place in a greased oblong baking pan. Mix together 2 cups of milk and 2 eggs, slightly beaten. Add salt and pepper. Pour over sandwiches. Set the pan in a pan of hot water and bake in a moderate oven (350° F.) until the bread is browned, about 35 to 40 minutes.

MEAT ALTERNATES

MACARONI WITH CHEESE

1 8-ounce package macaroni	4 tablespoons flour	$\frac{1}{4}$ teaspoon pepper
4 tablespoons butter or fortified margarine	2 cups milk	$\frac{1}{4}$ pound cheese cut in small pieces
	1 teaspoon salt	

Cook the macaroni as directed on the package. Melt the fat, add the flour, season, and blend. Add the milk slowly and cook at low temperature until thick and smooth. Add the cheese and stir until the cheese has melted. Place the macaroni in a greased 2-quart baking dish. Pour cheese sauce over it. Bake in a moderate oven (375° F.) for 25 or 30 minutes. Serves 6 generously.

Variations: Boiled spaghetti, broad noodles, or 3 cups cooked rice may be used in place of macaroni.

Add chopped cooked ham, chicken, or liver to the sauce before pouring over the macaroni.

MACARONI WITH TOMATO SAUCE

1 8-ounce package macaroni, spaghetti, or noodles	$\frac{1}{4}$ cup chopped green pepper	$\frac{1}{2}$ teaspoon salt
2 cups canned tomatoes or tomato juice	1 onion	$\frac{1}{8}$ teaspoon pepper
		$\frac{1}{4}$ pound cheese

Cook and drain the macaroni according to the directions on the package. Make a sauce by cooking together tomatoes, pepper, sliced onion, and seasonings. Place the macaroni in a greased casserole. Pour the sauce over it. Dot the top with cheese cut into pieces. Bake in a moderate oven (350° F.) for 25 or 30 minutes.

NOODLE RING

1 8-ounce package noodles	$\frac{1}{4}$ cup melted butter or fortified margarine
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Cook the noodles according to the directions on the package, rinse, and drain. Combine with melted shortening. Put in a greased 1-quart ring mold. Set the mold in a pan of hot water for 15 or 20 minutes. Unmold and fill the center with creamed fish, meat, or vegetables. (Three cups boiled rice may be used in the same way.)

SPANISH RICE

3 tablespoons salad oil or other fat	1 medium-sized onion, minced	3 cups boiled rice (page 6)
1 clove garlic, minced (optional)	$\frac{1}{4}$ cup chopped green pepper	1 teaspoon salt
		$2\frac{1}{2}$ cups canned tomatoes or tomato juice

Heat the salad oil or fat in a frying pan. Add the onion, pepper, and garlic (if used), and cook 2 or 3 minutes. Add the tomatoes and salt and blend well. Stir in the rice. Cover the pan and cook at low temperature until the tomato juice is absorbed (about 15 minutes). Serves 6.

BAKED BEANS

3 cups dried beans	2 tablespoons molasses	$\frac{1}{4}$ teaspoon mustard
$\frac{1}{4}$ pound salt pork	2 tablespoons sugar	2 teaspoons salt

Pick over the beans and wash them thoroughly. Soak them overnight in cold water. Add enough cold water to cover and cook slowly for 45 minutes. Pour the beans into a baking dish. Cut the pork into $\frac{1}{2}$ -inch strips; bury in the beans. Mix the molasses, sugar, mustard, and salt with enough boiling water to dissolve. Pour the mixture over the beans, adding enough boiling water to cover. Cover the pan and bake in a moderate oven (325° F.) from 4 to 6 hours. An onion may be buried in the beans before baking. Soybeans may be substituted for dried beans. Follow the same directions.

CHILI SOYBEANS

1 pound soybeans	1 green pepper, diced	$3\frac{1}{2}$ cups tomatoes
$\frac{1}{2}$ pound ground beef	2 tablespoons meat drippings	(1 No. 2 $\frac{1}{2}$ can)
$1\frac{1}{2}$ cups diced onion	1 teaspoon salt	2 teaspoons chili powder
1 clove garlic, minced		

Wash the soybeans, cover them with water, and let them soak for 48 hours. Add 1 teaspoon salt and additional water to cover. Simmer (covered) for 3 hours or until tender. Sauté beef, onion, garlic, and green pepper in meat drippings until lightly browned. Add salt and tomatoes, simmer about 30 minutes or until thick, add chili powder. Drain the beans, reserving the liquid for a soup base. Combine the beans with sauce; heat well. Makes about 6 servings.

VEGETABLES

At least two vegetables, in addition to potatoes, should be used in every day's meals. All vegetables are important, but those of green or yellow color are highest in food value. Some vegetables should be served raw.

Since commercially canned vegetables are scarce and rationed, preference should be given to fresh or home-canned ones. The food value of canned vegetables is practically the same as cooked fresh ones.

In recipes calling for canned tomatoes, the juice, which has much lower point value, can be substituted in most instances.

Buying and Storing—Buy vegetables that are fresh and firm. Wash perishable vegetables like spinach, salad greens, and celery, as soon as they come from the market and store them in a covered container in the refrigerator. Store peas and beans in the refrigerator but do not shell them until ready to use. Root vegetables, like potatoes, onions, beets, turnips, should be stored in a cool, dry place but they do not require refrigeration.

Cooking—Wash the vegetables and peel if necessary. Remove any wilted leaves or damaged spots. Leave them as nearly whole as possible. Cutting them in small pieces exposes more surface and results in loss of food value. Prepare vegetables just before cooking time and do not let them soak in water. Cook fresh vegetables in a covered pan with just enough water to keep them from burning. Spinach and young beet tops need only the water that clings to them after washing. Kale, turnip tops, and broccoli require about 1 inch of water in the bottom of the pan. Add about $\frac{1}{2}$ teaspoon of salt for each pound of vegetables.

The time required for cooking depends upon the age and kind of vegetable. In general, root vegetables require longer cooking than those like peas, beans, and spinach. It is very important not to overcook vegetables. In cooking frozen vegetables, follow the directions on the package.

Commercially canned vegetables are already cooked, so they need only to be heated before serving. Drain off the liquor into a pan, and boil it to reduce the quantity. Add the vegetables and heat. Any liquor that is not served with the vegetables should be saved to use in soups and sauces.

Because home-canning methods are not as standardized as commercial canning, all home-canned vegetables, with the exception of tomatoes, should be boiled 10 minutes after removing them from the can.

BUTTERED VEGETABLES

When vegetables are cooked, drain off any remaining liquid and save. (There should be very little liquid from fresh vegetables.) Return to the stove, add butter or fortified margarine, and shake the pan so that the vegetables will be coated. If additional salt is needed, add it and a dash of pepper.

CREAMED VEGETABLES

For freshly cooked vegetables, follow the directions given above, add a dusting of flour, pour on milk to cover partly. Allow to come to a boil. Leftover vegetables also may be served creamed. Make white sauce No. 1 (page 31) and heat the vegetables in the sauce. This is a good way to use up small amounts of several leftover vegetables. Allow $\frac{1}{2}$ cup of white sauce for each cup of vegetables.

ASPARAGUS

Wash well, for asparagus is likely to be sandy. If the scales on the stalks are large, remove them and cut off the tough ends. Tie the asparagus in bunches and stand upright in a deep pan with about 1 inch of boiling salted water. Cover and cook from 10 to 15 minutes. Serve with melted butter or hollandaise sauce.

Asparagus also may be cut into pieces about 2 inches long. Cook the stems in a small amount of boiling water for about 5 minutes, then add the buds and cook from 5 to 10 minutes longer. Serve with cream sauce.

BROCCOLI

Let broccoli stand in lukewarm water for about 5 minutes. Wash carefully. Cook the flower, leaves, and all but the toughest part of the stems. Follow the directions for asparagus.

SCALLOPED CABBAGE

Shred the cabbage and cook it for about 5 minutes in a covered pan in a small amount of boiling salted water. Drain into a greased baking dish, saving the water. Make a medium white sauce using a combination of milk, either bottled or diluted evaporated, and the cabbage water. Pour over the cabbage. Cover the top with bread crumbs and a sprinkling of grated cheese. Bake in a moderately hot oven (375° F.) for about 25 minutes, until browned.

Leftover ham chopped and added to the white sauce makes a heartier dish.

When cooking red cabbage, add 1 tablespoon of vinegar to the cooking water to preserve the color.

SCALLOPED CABBAGE WITH CHEESE AND TOMATOES

4 cups cooked cabbage	2 cups bread crumbs	Salt and pepper to taste
1 cup canned tomatoes	$\frac{1}{4}$ pound cheese, grated	2 tablespoons butter or fortified margarine

Grease the baking dish. Put in layers of cabbage and tomatoes, season, sprinkle with cheese and bread crumbs. Dot the top layer of bread crumbs with butter or fortified margarine. Bake in a moderate oven (350° F.) for 30 minutes, or heat thoroughly over hot water until the cheese is melted.

SAVORY RED CABBAGE

4 cups shredded red cabbage	$\frac{1}{4}$ cup brown sugar	2 tart apples, diced
$\frac{1}{4}$ cup vinegar	$\frac{1}{4}$ teaspoon ground cloves,	1 teaspoon salt
$\frac{3}{4}$ cup water	or 5 whole ones	

Combine all the ingredients and cook at low temperature until the cabbage and apples are tender, or for about 20 minutes.

SCALLOPED CAULIFLOWER

Separate flowerets and cook them with the small underleaves in a covered pan in a small amount of boiling salted water until the cauliflower is tender. Follow the directions for scalloped cabbage.

SUCCOTASH

To a pint of cooked corn add a pint of cooked and seasoned shelled lima beans. Serve buttered or in milk.

CORN PUDDING

1 No. 2 can corn or	2 tablespoons melted	1 medium-sized green
2 cups fresh corn	butter or fortified	pepper
cut from cob	margarine	1 teaspoon salt
2 eggs	1 pint scalded milk	$\frac{1}{8}$ teaspoon pepper

Beat the eggs. Add the milk, fat, corn, green pepper finely chopped, and seasonings. Pour into a greased baking dish. Set the dish in a pan of hot water. Bake in a moderate oven (350° F.) until the pudding is firm, or for about 1 hour.

STUFFED EGGPLANT

1 eggplant	2 tablespoons minced onion	1 teaspoon salt
2 tablespoons fat	1 cup chopped fresh tomatoes	1 cup soft bread crumbs
	or canned tomatoes	

Wash the eggplant and cut in half. Scoop out the pulp to $\frac{1}{2}$ inch of the skin. Dice the pulp. Brown an onion in fat, add the eggplant pulp, onion,

tomatoes, bread crumbs, and salt. Mix well and fill the eggplant shells with the mixture. Bake in a moderately hot oven (375° F.) until browned, or about 30 minutes.

Variation: $\frac{3}{4}$ cup ground cooked meat may be added to the other ingredients for stuffing.

FRIED EGGPLANT

Peel an eggplant, cut it into thin slices. Soak in salted water for about 1 hour. Dredge with flour and fry slowly until crisp and brown, or dip in egg and crumbs, fry.

CREAMED MUSHROOMS

Wash and stem the mushrooms. Cut the tender parts of the stems into pieces and cook with caps. Remove the peeling if it seems tough. Melt in a saucepan about 2 tablespoons of butter or fortified margarine for every $\frac{1}{2}$ pound of mushrooms. Add the mushrooms, cover tightly, and cook over a low fire for 10 minutes. Dredge lightly with flour, season with salt and pepper, and cover with thin cream. Cook 5 minutes longer and serve on toast.

OKRA, RICE, AND TOMATOES

1 quart okra pods	1 onion, sliced	Salt and pepper
1 cup rice	2 tablespoons butter or	Sprinkle of paprika
$\frac{1}{2}$ No. 2 can tomatoes	fortified margarine	

Wash the rice and cook in boiling salted water until tender. Drain, and add butter, salt, pepper, and paprika. Cut the okra in slices and cook in a small quantity of boiling water. When nearly done, add the tomatoes, onion, and rice. Serve hot.

MASHED POTATOES

Allow 2 medium-sized potatoes for each serving. Wash and peel. Cook in a small amount of boiling salted water. Drain and mash or put through a potato ricer. Add scalded milk, a little at a time, beating the potatoes to make them light and fluffy. Season with salt and butter or fortified margarine. Place the pan back on the stove and beat the potatoes a minute to be sure they are hot when served. Sweet potatoes may be mashed also. Cook in the skins. Peel and follow the above directions.

POTATO CAKES

Shape mashed potatoes in flat, round cakes. Brown lightly in melted fat. Leftover meat, ground, may be mixed with potato or about 1 tablespoon encased in each cake.

BAKED WHITE OR SWEET POTATOES

Select large potatoes. Scrub them well. Bake in a moderate oven (350° F.) until done. White potatoes require from 50 minutes to 1 hour. Sweet potatoes require about 50 minutes. As soon as the potatoes are done, break or cut them open and press the ends with the fingers to make light and mealy. Insert a small slice of butter or fortified margarine in each potato. Serve immediately.

STUFFED POTATOES

Bake the potatoes. When tender, cut them in half and scoop out the inside, being careful not to break the skin. Mash. Add scalded milk, butter

or fortified margarine, and salt as for mashed potatoes. Add onion juice also. Pile into the shells. Return to the oven for about 10 minutes until reheated and slightly brown on top. Grated cheese may be sprinkled over the potatoes before reheating.

POTATOES AU GRATIN

Remove the skins from boiled or baked potatoes and cut them into cubes. Arrange the cubes in layers in a buttered baking dish, covering each layer with white sauce No. 2 (see page 31) and grated cheese. Sprinkle the top with buttered crumbs and bake the potatoes for about 20 minutes.

CREAMED POTATOES

Dice cooked potatoes. Melt in a saucepan 1 tablespoon of butter or fortified margarine for every cup of potatoes. Add the potatoes, tossing them about in the butter; dredge lightly with flour, 1 tablespoon for each tablespoon of butter. Season with salt and pepper, cover with milk, allow to cook 5 minutes and serve.

SCALLOPED POTATOES

Peel and cut raw potatoes in slices $\frac{1}{4}$ inch thick. Put a layer in a buttered baking dish, dot with butter or fortified margarine, salt, and pepper. Repeat until the dish is three quarters full. Pour scalded milk over the potatoes until it reaches the top layer. Bake at a temperature of 350° F. for 1 hour or until the potatoes are soft.

HASHED BROWNEED POTATOES

Cut the potatoes into small cubes. Melt in a heavy frying pan 1 tablespoon of fat for each cup of potatoes to be used. Add 1 or 2 tablespoons of finely minced onion and season with salt and pepper. Moisten with a small amount of milk. Cook slowly until brown and crusty on the bottom. Turn and brown the other side.

WINTER OR HUBBARD SQUASH

These are the large dark green squashes. Wash the outside and cut into serving-size pieces. Scrape out the seeds. Place in a shallow baking pan with a small amount of water. Season with salt and pepper. Cover the pan and bake in a moderate oven (350° F.) for about 1 hour. Before serving, dot over each piece with butter or fortified margarine. If it is preferred, after the squash is baked, the pulp can be scraped out of the skins, mashed, and seasoned with salt and butter or fortified margarine.

SCALLOPED TOMATOES

1 pint peeled and cooked	2 cups bread crumbs	2 tablespoons butter or
tomatoes or 1 No. 2 can	1 teaspoon salt	fortified margarine
		A suggestion of pepper

Season tomatoes with salt and pepper. A suggestion of minced onion and green pepper may be added also. Fill a baking dish or casserole with bread crumbs and tomatoes in alternate layers, having the bread crumbs on top. Dot with butter or margarine. Bake in a moderate oven (350° F.) about $\frac{1}{2}$ hour.

Variation: Use $\frac{1}{2}$ tomatoes and $\frac{1}{2}$ corn (either canned or fresh corn cut from the cob).

BROILED TOMATOES

Select large, firm tomatoes. Allow one for each serving. Wash. Cut in half, crosswise. Sprinkle with salt and pepper and dot with small bits of butter or fortified margarine. Place on a rack in the broiling pan and broil for about 15 or 20 minutes until the tops are lightly browned.

FRIED TOMATOES

Slice firm, slightly unripe, unpeeled tomatoes in slices about 1 inch thick. Dip in flour to which salt and pepper have been added. Melt mild fat in a heavy frying pan. Fry the tomatoes to a light brown on both sides; about 5 or 6 slices at a time, taking care not to break them. Remove to a heated platter. Pour about 1 cup of milk into the pan and let it come to a boil. Pour it over the tomatoes. Usually enough flour is left in the pan to thicken the sauce slightly.

STUFFED PEPPERS

Select good-sized peppers that will stand on end. Cut a slice off of the stem end and scoop out the seeds and fibrous white part. Parboil for about 10 minutes. Drain and stuff the peppers with boiled rice, moistened with tomato juice and seasoned with salt, pepper, and minced onion. Two cups of boiled rice will fill 6 peppers. Put the peppers in a shallow pan with about 1 inch of water in the bottom. Bake in a moderate oven (350° F.) for about 20 to 25 minutes.

Variation: Any cooked, ground meat may be added to the rice. Or, a combination of cooked meat and bread crumbs may be used. Season with minced onion, salt, and pepper.

CHILI CON CARNE

2 tablespoons bacon fat	2 cups chopped beef	1 teaspoon salt
1 onion, minced	(1 pound)	Pepper
1 clove garlic (optional)	2 cups kidney beans,	$\frac{1}{2}$ teaspoon chili powder
2 cups tomatoes	cooked or canned	

Brown the onion and garlic (if used, remove it before adding the other ingredients) in fat. Add the meat and brown slightly. Add beans, tomatoes, and seasonings. Put in a greased baking dish or casserole. Bake in a moderate oven (350° F.) for about 30 minutes. Yield: 6 servings. The mixture may also be cooked at low temperature on top of the stove until thickened. The pan should be covered for the first part of the cooking.

VEGETABLE NOODLE BAKE

1 pound green string beans cut in $1\frac{1}{2}$ -inch pieces	$\frac{1}{3}$ of an 8-ounce package of broad noodles	$\frac{1}{2}$ teaspoon Worcestershire sauce
2 cups diced carrots	1 teaspoon salt	1 cup grated American cheese ($\frac{1}{4}$ pound)
4 cups medium white sauce (page 31)	Pepper	2 cups soft bread crumbs buttered

Cook the beans and carrots in boiling salted water. Drain and combine any leftover cooking water with milk in making white sauce. Cook the noodles according to the directions on the package. Add seasonings and cheese to white sauce. Combine with the vegetables and noodles. Pour into a greased shallow baking dish. Cover with buttered crumbs. Bake in a moderate oven (350° F.) from 20 to 25 minutes, or until browned. Yield: 6 to 8 servings.

SALADS AND SALAD DRESSINGS

With our present-day knowledge of the health value of raw fruits and vegetables, salads have come to be a part of the daily menu in most households. Mixed green salads and those using vegetable combinations may take the place of vegetables at dinner or lunch. The heartier type of salad or salad plate is often used as the main dish for a meal.

There are no hard or fast rules concerning the combinations of foods that may be used in salad making. Almost any food can be worked into a salad. Vegetables and fruits, both raw and cooked, meat, fish, cheese, or eggs are all used alone or in combinations. Usually one or more of the salad greens are used either for the whole salad, as in a "mixed green salad" or as a garnish. Such greens as lettuce, chicory, romaine, escarole, watercress, endive, young spinach leaves, and cabbage are all suitable for this purpose. Strips of carrots or turnips, crisped, may be used in place of salad in much the same way that celery is used.

Salad greens must be fresh and crisp. After they have been well washed, they should be dried and put in a covered container in the refrigerator.

MIXED GREEN SALAD

Cut into a large bowl medium-sized pieces of any combination of salad greens such as lettuce, chicory, watercress, and a few young leaves of spinach. Pour on French dressing and toss well with a fork and spoon so that all the leaves will be well coated. Serve immediately.

CHEF'S SALAD

To the mixed green salad, add such vegetables as cucumbers, peeled and diced, tomatoes, peeled and quartered, flowerets of cauliflower, sliced radishes, a little minced onion, chopped green pepper. Combine with French dressing.

MIXED VEGETABLE SALAD

Marinate in French dressing for about $\frac{1}{2}$ hour any combination of leftover cooked vegetables, such as lima beans, peas, string beans, carrots. Serve on lettuce, either whole leaves or the larger leaves shredded, or on shredded cabbage. Serve with any desired salad dressing.

COTTAGE CHEESE AND CARROT

Combine grated carrots and cottage cheese, moisten with mayonnaise or boiled dressing. Serve on a bed of greens.

CABBAGE AND CARROT

Shred cabbage and carrots and mix with French dressing. Chopped green pepper or raisins may also be added.

GRAPEFRUIT AND AVOCADO

Arrange alternating sections of grapefruit and avocado pear on chicory or escarole. Serve with French dressing.

STUFFED TOMATOES

Scald and peel tomatoes. Cut a slice from the stem end and scoop out the inside. Fill with cottage cheese, seasoned with chopped chives or onion juice; any desired combination of vegetables; cooked or canned fish or meat. Serve on lettuce with mayonnaise or French dressing.

PEAR AND CHEESE

Fill the hollow part of halves of canned or very ripe fresh pears with cream or cottage cheese. Serve with French dressing on lettuce, chicory, or watercress.

STUFFED OR DEVEILED EGG

Cut hard-cooked eggs crosswise or lengthwise, remove the yolks, mix with vinegar and seasoning, or with boiled dressing. Refill yolks in the whites. Cold minced ham or chicken may be added to the yolks. French dressing may be used instead of vinegar.

WALDORF SALAD

2 cups diced apples	$\frac{1}{4}$ cup chopped nuts	$\frac{1}{2}$ cup salad dressing
1 cup diced celery	(optional)	

Mix apples, celery, and nuts with salad dressing. Serve on lettuce cups.

POTATO SALAD

3 cups boiled potatoes	$\frac{1}{8}$ teaspoon pepper	1 tablespoon finely
1 teaspoon salt	1 onion, chopped	chopped parsley
		$\frac{1}{4}$ cup French dressing

Dice potatoes. Add French dressing and let them stand in the refrigerator for about $\frac{1}{2}$ hour. Add the other ingredients. Mix with mayonnaise or cooked salad dressing. Serve on lettuce. Sliced hard-cooked eggs may be added also.

CHICKEN SALAD

Remove the bones, skin, and gristle from cold cooked chicken. Cut the meat into $\frac{1}{2}$ -inch cubes. Mix with about $\frac{1}{2}$ as much celery which has been cut into pieces and crisped. Season with salt and pepper. A few capers may also be added. Moisten with French dressing. Add mayonnaise or boiled dressing to taste. Serve on lettuce.

Cold cooked veal may be substituted for part of the chicken.

Tuna fish, salmon, or crab meat may be mixed and used in the same way.

COLE SLAW

Shred cabbage with a knife or cut on a slaw cutter. Add chopped onion and green pepper to taste. Mix with boiled dressing, mayonnaise, or cream dressing. Serve immediately.

TOMATO JELLY

1 tablespoon granulated	1 small onion, sliced	Celery tops
gelatin	1 bay leaf	2 teaspoons lemon juice
$\frac{1}{4}$ cup cold water	Few peppercorns	or vinegar
2 cups tomato juice		

Soften gelatin in cold water. Cook tomato juice and other ingredients for

about 10 minutes. Strain and add to the gelatin. Pour into individual molds and chill until firm. Unmold and serve with any greens. Use any desired dressing. This quantity will fill from 5 to 6 small individual molds.

When gelatin is partly set, $\frac{1}{2}$ cup of chopped celery or a few sliced stuffed olives may be added.

WINTER SALAD

- | | | |
|-------------------------|--------------------------------|-------------------------------|
| 2 tablespoons gelatin | $\frac{3}{4}$ cup sugar | $\frac{3}{4}$ cup diced apple |
| $\frac{1}{2}$ cup water | $\frac{3}{4}$ cup diced celery | $\frac{1}{2}$ teaspoon salt |
| 2 cups cranberries | | |

Soak the gelatin in water for 5 minutes. Cook the cranberries in $2\frac{1}{2}$ cups of water until tender, add sugar, and cook for 5 minutes, stirring occasionally. Add salt and strain. Add softened gelatin and stir until dissolved. When the mixture begins to thicken, add celery and apples, and pour into a shallow pan. Chill. When firm, cut into pieces for serving. Serve on lettuce and garnish with salad dressing.

FRENCH DRESSING

- | | | |
|---------------------------|------------------------------------|--------------------------------|
| 1 cup salad oil | 1 teaspoon salt | $\frac{1}{2}$ teaspoon paprika |
| $\frac{1}{3}$ cup vinegar | $\frac{1}{2}$ teaspoon dry mustard | $\frac{1}{2}$ teaspoon sugar |

Mix the dry ingredients in a bowl. Add salad oil and blend well. Add vinegar and beat until thickened slightly. French dressing may be made in quantity and kept covered in the refrigerator. It should be well shaken before using. Part or all of the vinegar may be tarragon or one of the spiced vinegars, or part lemon juice may be used. A clove of garlic, peeled, may be mixed with the dressing when it is made and then removed. Chopped hard-cooked egg, minced celery, and green pepper may be added to the French dressing.

SOUR CREAM DRESSING

- | | | |
|----------------------------------|-----------------------|-----------------------------|
| 1 cup evaporated milk, undiluted | 3 tablespoons vinegar | $\frac{1}{2}$ teaspoon salt |
|----------------------------------|-----------------------|-----------------------------|

Add the vinegar slowly to milk and beat until smooth. Add salt. Excellent to serve on chopped raw cabbage and with other vegetable salads.

MAYONNAISE

- | | | |
|------------------------------------|------------------------------|--------------------------|
| $\frac{1}{2}$ teaspoon dry mustard | $\frac{1}{2}$ teaspoon sugar | 2 tablespoons vinegar or |
| 1 teaspoon salt | 1 egg yolk | lemon juice, or both |
| Dash pepper | | 1 cup salad oil |

Combine the dry ingredients and the egg yolk. Mix well and stir in $\frac{1}{2}$ teaspoon of vinegar or lemon juice. Add oil, drop by drop at first, beating with a rotary egg beater. As oil and other ingredients blend, more oil may be added at a time. As the mixture begins to thicken, add the remaining vinegar or lemon juice. Continue to beat until the dressing is very stiff. It may be stored in a covered jar in the refrigerator.

RUSSIAN DRESSING

Add $\frac{1}{2}$ cup chili sauce and $\frac{1}{2}$ tablespoon each of chopped onion and green pepper to $\frac{1}{2}$ cup mayonnaise.

BOILED SALAD DRESSING

1 teaspoon salt	2½ tablespoons flour	2 egg yolks, or 1 egg
1 teaspoon mustard	2 tablespoons melted butter	¾ cup milk
2 teaspoons sugar	or fortified margarine	½ cup vinegar
Few grains cayenne		

Mix the dry ingredients, add the egg yolks (slightly beaten), butter or margarine, milk and vinegar, slowly. Cook in a double boiler until the mixture thickens. Cool before using. If cooked too long it will curdle.

PUDDINGS

OLD-FASHIONED RICE PUDDING

¾ cup rice	¼ teaspoon salt	½ teaspoon vanilla
4 cups milk	⅓ cup sugar	Grated rind ½ lemon

Wash rice, mix with the other ingredients and pour into a buttered pudding dish. Bake 3 hours in a very slow oven (250° F.) stirring three times during the first hour of baking to prevent the rice from settling.

RICE PUDDING

2 cups boiled rice	½ cup sugar	2 eggs
1 quart fluid milk, or 1 tall can evaporated milk, diluted with an equal quantity of water	¼ teaspoon salt	½ teaspoon vanilla

Combine the rice, milk, sugar, salt, and eggs slightly beaten. Add flavoring. Bake in a buttered baking dish at moderate temperature (350° F.) until firm, or for about 30 minutes.

BAKED CUSTARD

Use 1 cup of milk, 1 tablespoon of sugar, and a sprinkling of salt for each egg. Beat eggs slightly, add sugar, salt, and milk. Pour in custard cups and sprinkle with nutmeg. Place the cups in a pan of hot water and bake in a moderate oven (350° F.) until the custards are firm and the mixture does not adhere to a knife when inserted. One cup of milk and 1 egg will fill two of the usual size custard cups.

CARAMEL CUSTARD

Before pouring the mixture into cups, butter them and pour caramelized sugar into each cup. To caramelize sugar: in a heavy frying pan, melt over low heat ¼ cup of sugar, stirring constantly until it is sirupy. Add another ¼ cup of sugar and stir until dissolved. Add ¼ cup boiling water and cook a few minutes longer until the mixture is smooth.

BOILED CUSTARD

Use the recipe for baked custard, increasing the sugar to 1½ tablespoons for each egg. Beat the eggs, salt, and sugar together, add milk. Cook in a double boiler, stirring constantly until the mixture coats the spoon. Remove from the heat. Add flavoring.

Soft custard may be poured over berries, sliced oranges, bananas, or gelatin

desserts, as snow pudding. When the whites of eggs have been used in a gelatin dessert, custard may be made with the remaining yolks only.

BREAD PUDDING

4 cups bread crumbs	2 eggs	Nutmeg
4 cups milk or 1 tall can evaporated milk, diluted with an equal quantity of water	$\frac{3}{4}$ cup sugar	
	$\frac{1}{2}$ teaspoon salt	

Soak bread crumbs in milk; add beaten eggs, sugar, and salt. Pour into a greased pudding dish. Sprinkle the top sparingly with nutmeg. Place the pudding dish in a pan of hot water. Bake in a moderate oven (350° F.) for about 30 minutes or until firm and brown on top. Yield: 6 servings.

CHOCOLATE PUDDING

1 tall can evaporated milk	4 tablespoons cocoa	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar	4 tablespoons cornstarch, or 8 tablespoons flour	

Dilute the milk with an equal amount of water and scald. Mix sugar, cocoa, and cornstarch or flour; add scalded milk, and cook over hot water for 10 minutes, stirring constantly. Cool. Add flavoring. Serve cold.

CARAMEL PUDDING

1 $\frac{3}{4}$ cups sugar (use brown, if on hand)	$\frac{3}{4}$ teaspoon soda	1 tall can evaporated milk
4 tablespoons cornstarch, or 8 tablespoons flour	2 tablespoons butter or fortified margarine	1 teaspoon vanilla

Put the sugar, flour, soda, and butter in a skillet over low heat. Stir until the sugar is light brown and melted. Slowly add the milk, diluted with an equal quantity of water, and stir until thickened. Remove from heat; cool and add vanilla. Serve cold.

COTTAGE PUDDING

Bake plain cake mixture (page 12) in greased muffin tins. Serve with chocolate or lemon sauce, or a sauce of sweetened crushed berries.

INDIAN PUDDING

4 cups milk	$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{2}$ cup molasses
$\frac{1}{3}$ cup cornmeal	$\frac{1}{4}$ teaspoon nutmeg	2 tablespoons melted butter or fortified margarine
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ teaspoon salt	

Scald 3 cups of the milk in the top of the double boiler. Add cornmeal, sugar, spices, salt, molasses, and butter. Cook over boiling water, stirring constantly until the mixture thickens or for about 20 minutes. Pour into a greased baking pan. Add the remaining cup of milk, without stirring. Bake in a slow oven (300° F.) for about 2 $\frac{1}{2}$ hours. Serve warm with milk or cream or ice cream. Yield: 6-8 servings.

RENNET CUSTARD

1 rennet tablet	2 cups milk (not canned)	1 teaspoon vanilla
1 tablespoon cold water	3 tablespoons sugar	

Dissolve a rennet tablet by crushing it in cold water. Add sugar and vanilla to milk. Warm slowly, stirring constantly, until a drop is comfortably

warm (not hot) on the wrist. Remove from heat. Add the dissolved rennet tablet and stir quickly for a few seconds only. Pour into individual dessert dishes. Allow it to stand undisturbed until firm, or for about 10 minutes. Chill. Yield: 4-5 servings.

LEMON SNOW

1 package lemon-flavored gelatin 1 tablespoon lemon juice 1 egg white
2 cups boiling water (optional)

Dissolve the gelatin in boiling water. Add lemon juice if it is used. Chill until sirupy. Add the egg white and beat well (stand the bowl in a pan of cracked ice) until fluffy and thick. Pour into individual custard cups. Chill in the refrigerator; unmold before serving. Boiled custard may be used with pudding.

SPANISH CREAM

1 tablespoon granulated gelatin 2 eggs 1 teaspoon vanilla
 $\frac{1}{4}$ cup cold water $\frac{1}{3}$ cup sugar
2 cups milk $\frac{1}{8}$ teaspoon salt

Soften the gelatin in cold water. Scald the milk and add the gelatin, stirring until dissolved. Combine beaten egg yolks, sugar, and salt and slowly stir in the milk and gelatin mixture. Cook over hot water until slightly thickened, or for about 5 minutes. Cool, and when the mixture begins to set, add vanilla and fold in stiffly beaten egg whites. Pour into one large, or six individual molds. Chill until set.

VANILLA ICE CREAM

$\frac{1}{2}$ cup evaporated milk, $\frac{1}{3}$ cup sugar 2 tablespoons lemon juice
diluted with $\frac{1}{2}$ cup $\frac{1}{8}$ teaspoon salt $1\frac{1}{2}$ teaspoons vanilla
water 1 cup evaporated milk,
 $1\frac{1}{2}$ tablespoons flour chilled for whipping

Mix the flour, sugar, and salt and combine them with diluted evaporated milk. Cook in a double boiler, stirring constantly until the mixture thickens. Chill. Whip chilled evaporated milk, add lemon juice and vanilla, and fold carefully into the chilled milk mixture. Pour into a refrigerator tray and freeze for 3 hours. Yield: 6 servings.

PEANUT BRITTLE ICE CREAM

Add $\frac{1}{2}$ cup ground peanut brittle candy to vanilla ice cream mixture before adding whipped evaporated milk.

PEPPERMINT CANDY ICE CREAM

Add $\frac{1}{2}$ cup crushed peppermint candy to vanilla ice cream mixture. Reduce sugar to $\frac{1}{4}$ cup.

ORANGE HONEY SHERBET

1 rennet tablet $\frac{1}{3}$ cup honey $\frac{1}{4}$ cup orange juice
1 tablespoon cold water 1 teaspoon grated 1 teaspoon lemon juice
2 cups milk (not canned) orange rind

Dissolve a rennet tablet by crushing it in cold water. Heat the milk, honey, and grated orange rind slowly, stirring constantly. Test a drop on the inside

of the wrist frequently. When comfortably warm, not hot, remove from the heat. Add the dissolved rennet tablet and stir quickly for a few seconds only. Pour at once into a refrigerator tray. Do not move until firm, or for about 10 minutes, then chill in the refrigerator for about $\frac{1}{2}$ hour. Then place in the freezing compartment and freeze until firm. Remove from the tray to a bowl, break up with a fork, and beat with either an electric or rotary beater until it is free from lumps but still a thick mush. Beat orange and lemon juice quickly into the mixture. Return to the freezing compartment and finish freezing.

STRAWBERRY REFRIGERATOR CAKE

1 $\frac{1}{2}$ cups (15-ounce can)	$\frac{1}{4}$ cup lemon juice	2 egg whites, stiffly beaten
condensed milk	1 cup sliced strawberries	24 vanilla wafers

Blend the condensed milk and lemon juice. Stir until the mixture thickens. Add sliced strawberries. Fold in stiffly beaten egg whites. Line a narrow, oblong pan or spring-form cake pan with waxed paper. Cover with the strawberry mixture. Add a layer of vanilla wafers, alternating in this way, until the strawberry mixture is used and finishing with a layer of wafers. Chill in the refrigerator for 6 hours or longer. To serve, turn out on a small platter and carefully remove the waxed paper. Cut in slices and serve plain or with crushed sweetened strawberries. Serves 8.

ORANGE AMBROSIA

Allow 1 medium-sized orange for each serving. Peel and slice the oranges, arrange in layers in a serving bowl. Sprinkle each layer and top with grated fresh cocoanut.

BROWN BETTY

2 cups bread crumbs or flaked ready-to-eat cereal	4 sliced or diced apples	$\frac{1}{2}$ cup liquid (approx- imately)
3 tablespoons melted butter or fortified margarine	1 teaspoon grated lemon or orange rind	$\frac{1}{3}$ cup sugar

Pour melted butter or margarine over crumbs and mix well. Cover the bottom of a greased baking dish with crumbs. Place a layer of apples on top. Cover with one half the sugar and lemon or orange rind. Add another layer of crumbs. Cover with the remaining apples, sugar, and lemon rind. Add liquid to moisten. (It may be fruit juice alone or fruit juice and water.) Bake in a moderately hot oven (375° F.) until the apples are tender, for 35 or 40 minutes. Serve hot or cold with milk, cream, hard sauce, or soft custard. Sugar may be granulated or brown, or honey or maple sirup may be used.

BANANA PUDDING

2 eggs	1 tablespoon cornstarch, or	2 or 3 sliced bananas
$\frac{2}{3}$ cup sugar	2 tablespoons flour	15 graham crackers
	2 cups milk	1 teaspoon vanilla

Beat the egg yolks, add sugar and cornstarch or flour, and mix thoroughly. Add milk and cook in a double boiler until creamy, stirring constantly. Remove from the heat and add vanilla. Place alternate layers of graham

crackers, crumbed, and sliced bananas in a baking dish. Add the custard. Beat the egg whites until stiff and add 4 tablespoons sugar. Spread over the pudding and brown in a moderate oven (350° F.). If preferred, the beaten egg whites may be folded into the custard before adding to the crackers and bananas and the mixture be allowed to cool before serving.

PRUNE SOUFFLÉ

1 cup prune pulp	$\frac{1}{4}$ teaspoon salt	1 teaspoon grated lemon
$\frac{1}{2}$ cup sugar	2 teaspoons lemon juice	rind (optional)
		3 egg whites

Mix the sugar, prune pulp, and salt. Add lemon juice and rind. Beat the egg whites until stiff. Fold in the prune pulp. This mixture may be chilled and served without cooking. It may be poured into a greased baking dish, set in a pan of hot water, and baked in a moderate oven (350° F.) until firm, or for about 40 minutes. Or, it may be poured into a greased double boiler and cooked over hot water for 1 hour. Serve with milk, whipped evaporated milk or cream, or boiled custard. If boiled custard is used, it may be made according to the recipe on pages 44-45, using only the yolks of the eggs.

FRUIT WHIP

1 cup fruit pulp (crushed berries, peaches, apple sauce, prune or apricot pulp)	1 egg white	$\frac{1}{4}$ cup powdered sugar
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Put all the ingredients in a bowl together and beat with a rotary beater until stiff for 10 or 15 minutes. Pile in sherbet glasses and chill.

STEAMED APPLE PUDDING

Cover the bottom of a cooking pan with a thick layer of peeled, sliced apples. Sprinkle with sugar and cinnamon and cook at low temperature until the apples are soft. Place biscuit dough over the apples. Cover the pan tightly and allow the dough to steam for 15 or 20 minutes. Serve hot with milk, hard sauce, or lemon sauce.

BAKED APPLES

Wash the apples and remove the core from the stem end, being careful not to break through the blossom end. Fill the centers with about 1 tablespoon sugar, corn sirup, honey, or maple sirup. Place in a shallow pan. Cover the bottom of the pan with water. Bake in a moderate oven (350° F.) until tender, or from 20 to 40 minutes, depending upon the size and variety of the apples. Cinnamon may be mixed with the sugar. Chopped nuts or raisins may be used for filling the centers of the baked apples.

BROILED GRAPEFRUIT

Cut a grapefruit in half. Remove the seeds and loosen the pulp in sections, remove the core. Place in a shallow baking dish. Sprinkle each grapefruit with brown or granulated sugar, or maple sirup or honey. Dot over sparingly with butter or fortified margarine. Broil at a low heat from 15 to 20 minutes.

COOKING DRIED FRUIT

Wash the fruit. Soak it in cold water to cover until the fruit plumps up—overnight is a good idea. Simmer gently in the same water until the fruit

is tender. Prunes, raisins, and usually figs do not require additional sugar. Add sugar to taste for apricots, peaches, and apples about 10 minutes before cooking is completed.

Dessert Sauces

HARD SAUCE

$\frac{1}{3}$ cup butter or fortified margarine	1 cup sugar	1 teaspoon vanilla
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Cream the butter or margarine until very light and fluffy. Add sugar gradually while beating. Add vanilla.

FRUIT HARD SAUCE

One cup of crushed berries, peaches, or cranberry sauce may be beaten into hard sauce. Use with a plain cake mixture baked in muffin tins.

WHIPPED EVAPORATED MILK

Chill an unopened can of milk in the freezing unit of the refrigerator for about 1 hour. Pour into a chilled bowl and whip. Where tartness is desired, 1 teaspoon of lemon juice for 1 cup of evaporated milk added toward the end of whipping hastens thickening and makes the milk stand up longer. Add sugar and vanilla as desired.

Evaporated milk also may be whipped by using gelatin. For each cup of evaporated milk, moisten 1 teaspoon of plain unflavored gelatin in 1 tablespoon cold water. Scald undiluted evaporated milk in the top part of a double boiler. Dissolve softened gelatin in scalded milk. Chill and whip. Add sugar and vanilla as desired.

CHOCOLATE SAUCE

See chocolate sirup, pages 5-6.

LEMON SAUCE

$\frac{1}{2}$ cup sugar	1 cup boiling water	$1\frac{1}{2}$ tablespoons lemon
1 tablespoon cornstarch,	2 tablespoons butter or	juice
or 2 tablespoons flour	fortified margarine	Pinch of salt

Mix the sugar, cornstarch or flour, and salt. Add boiling water gradually, stirring constantly. Boil 5 minutes, remove from heat, add butter or margarine and lemon juice. Serve hot.

PASTRY

Pies are one of the favorite American desserts. With supplies of shortening limited, it may be necessary to use one-crust pies or those made with cracker crumbs or corn flakes which use less shortening than is required for the usual pastry.

All-purpose flour or pastry flour may be used in making pastry. Shortening may be lard or one of the hydrogenated vegetable fats. To keep pastry flaky, it should be handled as little as possible. Chilling the dough before rolling makes it easier to handle.

TWO-CRUST PIE

2 $\frac{1}{4}$ cups flour

$\frac{3}{4}$ cup shortening

$\frac{1}{4}$ to $\frac{1}{3}$ cup ice water

1 teaspoon salt

Sift the flour, measure and sift again with salt. Add shortening and blend with flour, using two knives, a pastry blender, or finger tips, until the mixture resembles coarse cornmeal. Add water a little at a time until the mixture holds together when pressed with the fingers. Too much water makes tough pastry. Chill. For a two-crust pie, divide the dough into two pieces allowing a little more for the bottom crust than for the top. Roll on a lightly-floured board, keeping the dough in a circular shape. Roll from the center toward the edges until the dough is about one eighth of an inch thick. Fit into a pan allowing a border of about three quarters of an inch to hang over the edges of the pan. Roll out the other one half of dough, keeping it circular also and a little larger than required to cover the top of the pan. Put the filling in the pan. Wet the edges with the fingers dipped in ice water. Lay rolled-out dough on top, press down around the edges of the pan, then flute two crusts together by pressing between the thumb and index finger or with the tines of a fork. Cut slits in the upper crust to allow steam to escape. The upper crust may be made of strips of dough arranged in lattice fashion. For fruit pies, a sprinkling of flour over the lower crust before adding the fruit will help to prevent the juice from cooking out. Double crust pies usually require from 40 to 50 minutes baking time. Bake in a hot oven (425° F.).

SINGLE-CRUST PIES

For single-crust pies where the crust is baked before the filling is added, use one half of the recipe given above. Roll the dough and fit it over the outside of a pie tin. Flute the edges, prick with a fork to avoid air bubbles forming during baking. Bake in a hot oven (425° F.) for about 20 minutes.

GRAHAM CRACKER CRUST

16 graham crackers
(1 $\frac{1}{2}$ cups crumbs)

$\frac{1}{4}$ cup sugar

$\frac{1}{4}$ cup shortening

Crumb the graham crackers by rolling with a rolling pin. Mix the crumbs, sugar, and shortening in a bowl. Shortening may be butter, margarine, or vegetable type. If vegetable shortening is used, add $\frac{1}{4}$ teaspoon of salt and 2 teaspoons of water to the other ingredients. Do not use salt and water with butter or margarine. Lightly grease a 9-inch pie plate. Press the mixture firmly against the sides and bottom of the plate in an even layer. Bake in a hot oven (400° F.) for 10 minutes. After the crust is cold, fill with any desired filling.

APPLE PIE

4 or 5 sour apples

$\frac{1}{2}$ cup sugar, or $\frac{1}{4}$ cup sugar

$\frac{1}{4}$ teaspoon cinnamon

1 teaspoon butter or
fortified margarine

and $\frac{1}{4}$ cup honey

$\frac{1}{8}$ teaspoon nutmeg

Make pastry for a two-crust pie. Line the pie plate with pastry. Pare, core, and slice the apples and fill the pie. Sprinkle sugar or sugar and honey,

cinnamon, and nutmeg over the apples. Dot over with butter. Wet the edges of the undercrust and cover with the upper crust, pressing the edges close together. Bake in a hot oven (425° to 450° F.) until the crust is brown, then 350° F. until the fruit is cooked. Other fruits, as berries, cherries, peaches, or rhubarb, may be used in place of apples.

DEEP-DISH FRUIT PIE

Arrange the layers of fruit in a deep pie pan or a shallow casserole. Sprinkle each layer with sugar, or $\frac{1}{2}$ sugar and $\frac{1}{2}$ light corn sirup. Cover the top with pastry. Press the edges tightly against the sides of the pan. Bake in a moderate oven (350° F.) for about 40 minutes.

LEMON MERINGUE PIE I

$1\frac{1}{2}$ cups (1 can) sweetened condensed milk	Grated rind of 1 lemon, or $\frac{1}{4}$ teaspoon lemon extract	4 tablespoons granulated sugar
$\frac{1}{2}$ cup lemon juice		1 baked pie shell
	2 eggs, separated	

Blend together condensed milk, lemon juice, grated lemon rind or lemon extract, and egg yolks. Pour into a baked pie shell. Cover with meringue made by beating egg whites until stiff and adding sugar. Bake in a moderate oven (325° F.) from 20 to 25 minutes, or until brown. Allow it to cool before serving.

LEMON MERINGUE PIE II

2 tablespoons cornstarch, or 4 tablespoons flour	$\frac{1}{4}$ teaspoon salt	Juice of 1 lemon
1 cup sugar	$1\frac{1}{4}$ cups water	Grated rind of 1 lemon
	2 eggs	1 baked pie shell

Mix the cornstarch or flour, sugar, and salt and combine with beaten egg yolks. Add water and cook in a double boiler, stirring constantly until the mixture is thickened and smooth. Just before removing from the heat, add lemon juice and rind. Cool slightly. Pour into a baked pie shell. Cover with meringue and bake in a moderate oven (350° F.) until the meringue is browned, or for about 15 minutes.

MERINGUE

Beat egg whites stiff. Add 2 tablespoons sugar for each egg white, beating it in thoroughly.

COCOANUT CUSTARD PIE

3 eggs	$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{3}$ cup sugar	2 cups milk	$\frac{1}{2}$ cup shredded cocoanut

Beat the eggs slightly, add sugar, salt, milk, and vanilla and mix thoroughly. Add cocoanut. Line the pie pan with pastry. Pour in the custard mixture. Bake in a hot oven (425° F.) until the crust is set, or for about 15 minutes, then reduce the temperature to 350° F. and bake about 20 minutes longer until the custard is firm.

ORANGE CHIFFON PIE

1 tablespoon granulated gelatin	4 eggs	$\frac{1}{2}$ cup orange juice
$\frac{1}{4}$ cup cold water	1 cup sugar	2 teaspoons grated orange rind
	$\frac{1}{2}$ teaspoon salt	1 baked pie shell

Soften the gelatin in cold water. Beat the egg yolks and add $\frac{1}{2}$ cup of sugar, salt, and orange juice. Cook in a double boiler until thickened, stirring constantly. Remove from the heat and dissolve the softened gelatin in the hot mixture. Add orange rind and cool when mixture begins to thicken. Add the stiffly beaten egg whites to which the remaining $\frac{1}{2}$ cup of sugar has been added. Pour into a baked pie shell and cool. Graham cracker shell is especially good with this mixture.

RAISIN PIE

$1\frac{1}{2}$ cups seeded raisins	$\frac{1}{2}$ cup sugar	1 tablespoon lemon juice
$1\frac{1}{2}$ cups boiling water	$\frac{1}{2}$ cup finely chopped walnuts (optional)	Grated rind of $\frac{1}{2}$ lemon
1 tablespoon flour		

Wash the raisins carefully. Cook in the boiling water until plump. Add flour and sugar, mixed; cook a few minutes until mixture thickens. Cool. Add lemon juice, rind, and chopped walnuts. Pour in a pie tin, lined with pastry. Cover with pastry. Bake in a hot oven (450° F.) 35 or 40 minutes. Reduce the heat to 350° F. during last 10 minutes.

PUMPKIN PIE

$1\frac{1}{4}$ cups steamed pumpkin forced through a strainer	$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ teaspoon ginger	1 slightly beaten egg
	$\frac{1}{8}$ teaspoon cloves	1 cup milk

Mix the ingredients in the order given. Bake in a pie tin lined with pastry in a hot oven (450° F.) until the crust is set, or for about 15 minutes, then 350° F. until firm, for about 20 minutes longer.

CHERRY TARTS

1 can cherries (pitted)	$\frac{1}{2}$ cup sugar	Cream filling
1 tablespoon cornstarch	Juice $\frac{1}{2}$ lemon	1 baked pie shell

Drain the juice from canned cherries. Cook the juice and sugar together until the quantity is reduced to 1 cup. Add cornstarch and cook until clear and thickened. Add lemon juice. Cool slightly. Place a layer of cream filling (page 14) in the bottom of the pie shell. Cool. Add drained and pitted cherries. Pour the juice over the cherries. Chill.

Pastry mixture may be baked in individual tarts and the same procedure used for filling.

JELLY TARTS

Use one half of the recipe for pie crust (page 50). Roll and cut out rounds with a biscuit cutter. With a smaller cutter, cut the centers from one half of the rounds. Moisten the edges of the whole rounds with water. Place a cutout round on each. Bake in a hot oven (425° F.) for about 15 minutes. Cool and fill the centers with jam or jelly.

INDEX

• A •

Angel cake.....	13
Apple pie.....	50-51
Apple pudding, steamed.....	48
Applesauce cake.....	13
Apples, baked.....	48
Asparagus.....	36

• B •

Baking powder biscuits.....	8
Banana milk shake.....	6
Banana pudding.....	47-48
Bean soup.....	16
Beans, baked.....	35
Beef, short ribs, braised.....	24
steak, flank or round.....	23-24
with stuffing.....	23-24
steak, Hamburger.....	23
Swiss.....	24
Beverages.....	5-6
Biscuits, recipes for (see also name of biscuit).....	8
Blueberry muffins.....	7
Boiled salad dressing.....	44
Boston brown bread.....	9
Brains.....	25
Bran muffins.....	7
Bread pudding.....	45
Breads, quick, general directions for.....	7
recipes for (see also name of bread).....	7-10
Breads, yeast, general directions for.....	10
leftover, uses for.....	11
recipes for (see also name of bread).....	10-11
Broccoli.....	36
Brown Betty.....	47

• C •

Cabbage and carrot salad.....	41
Cabbage, savory red.....	37
scalloped, with cheese and tomatoes.....	37
Cake frostings, chocolate.....	14
peanut butter.....	14
seven-minute.....	14
Cakes, general directions for..	11-12
recipes for (see also name of cake).....	12-13

PAGE

Caramel pudding.....	45
Cauliflower, scalloped.....	37
Celery soup, cream of.....	17
Cereals, general directions for...	6
methods of cooking.....	6-7
Cheese, biscuits.....	8
dishes.....	33-34
fondue.....	33
omelet.....	33
salad with pear.....	42
sandwiches.....	34
soufflé.....	33
Chef's salad.....	41
Cherry tarts.....	52
Chicken (see also poultry)....	27-29
a la Maryland.....	28
creamed.....	29
fricassee.....	28
fried.....	28
pie.....	28
roast with stuffing.....	28
salad.....	42
Chili con carne.....	40
Chili soybeans.....	35
Chocolate, beverage.....	5
cake.....	13
chip cookies.....	15
dessert sauce (sirup).....	5-6
frosting.....	14
pudding.....	45
sirup.....	5-6
Cinnamon rolls.....	8
Clover-leaf rolls.....	11
Cocoa.....	5
Cocoanut custard pie.....	51
Codfish, balls.....	19
scalloped, flaked.....	19
Coffee.....	5
Cole slaw.....	42
Cookies, recipes for (see also name of cooky).....	14-15
Corn bread (johnnycake).....	8
Corn chowder.....	17
Corn muffins.....	7
Corn pudding.....	37
Cornmeal griddlecakes.....	10
Cottage cheese and carrot salad..	41
Cottage pudding.....	45
Cranberry relish.....	31
Cream filling for cakes.....	14
Cream sauce: 1, 2, 3.....	31

	PAGE
Croquettes, meat.....	30
Custard, baked.....	44
boiled.....	44-45
caramel.....	44
pie.....	51
rennet.....	45-46

• D •

Date oatmeal loaf.....	9
Dessert sauces (see also name of sauce).....	49
Desserts, cake.....	11-13
pastry.....	49-52
puddings.....	44-49
frozen.....	46-47
ice box.....	47
Deviled egg salad.....	42
Dried bean soup.....	16
Dried fruit.....	48-49
Drop biscuits.....	8
Dumplings.....	23

• E •

Eggplant, fried.....	38
stuffed.....	37-38
Eggs, general directions for.....	31
cooked in the shell.....	32
creamed with potatoes.....	33
deviled.....	42
Florentine.....	32
omelet.....	32-33
poached.....	32
scrambled.....	32
shirred.....	32
stuffed.....	42
Evaporated milk sauce, whipped	49

• F •

Finnan haddie, broiled.....	19
creamed.....	19
Fish, baked with stuffing.....	19
Fish chowder.....	18
Fish, general directions for.....	18
methods of cooking.....	18
recipes for (see also name of fish).....	19-20
Fish, with tomato sauce.....	19
French dressing.....	43
Frostings and fillings for cakes...	14
Fruit (see also cakes, pastry, puddings)	
deep-dish pie.....	51
dried.....	48-49
drinks, iced.....	6
hard sauce.....	49

	PAGE
muffins.....	7
whip.....	48
Fudgies.....	15

• G •

Gingerbread.....	9
Golden sauce.....	31
Graham biscuits.....	8
muffins.....	7
Grapefruit and avocado salad....	41
Grapefruit, broiled.....	48
Gravies.....	23
Green salad, mixed.....	41
Griddlecakes, cornmeal.....	10
sour milk.....	9
sweet milk.....	9

• H •

Ham, baked.....	25
slice of.....	25
Hard sauce.....	49
fruit.....	49
Hash.....	29
Heart, braised.....	25
Hollandaise sauce.....	30

• I •

Icebox and frozen puddings...	46-47
Ice creams, peanut brittle.....	46
peppermint candy.....	46
vanilla.....	46
Indian pudding.....	45

• J •

Jelly roll.....	12
Jelly tarts.....	52
Johnnycake.....	8

• K •

Kidneys.....	26
--------------	----

• L •

Lamb, barbecued shanks.....	25
Leftover bread, uses for.....	11
Leftover meats, general directions for.....	29
recipes for.....	29-30
Lemon meringue pie I and II....	51
Lemon sauce.....	49
Lemon snow.....	46
Liver, creamed.....	26
fried.....	26
scalloped with potatoes.....	27
with green peppers.....	27
with rice or potatoes.....	27

	PAGE
with vegetables.....	27
Liver loaf.....	27
· M ·	
Macaroni with cheese or tomato sauce.....	34
Mackerel, broiled salt.....	19
Martha Washington pie.....	13
Mayonnaise.....	43
Meat alternates (see also eggs) 34-35	
Meat, baked with rice.....	30
croquettes.....	30
loaf.....	23
minced on toast.....	29
pie.....	30
saucés.....	30-31
scalloped.....	29
stew.....	30
Meats, care of.....	20-21
methods of cooking.....	21
recipes for (see also name of meat).....	23-25
timetable for roasting.....	22
variety.....	25-27
Meringue.....	51
Milk with fruit juice.....	6
with tomato juice.....	6
Mint sauce.....	31
Molasses ginger hermits.....	15
Muffins, recipes for (see also name of muffins).....	7
Mushrooms, creamed.....	38
· N ·	
Noodle ring.....	34
· O ·	
Oatmeal chowder.....	17
Oatmeal cookies.....	14-15
Okra, with rice and tomatoes.....	38
Omelets, cheese.....	33
plain.....	32
puffy.....	32
Spanish.....	33
Orange ambrosia.....	47
Orange chiffon pie.....	52
Orange honey sherbet.....	46-47
Oxtails.....	26
Oysters, fried.....	20
scalloped.....	20
stew.....	20
· P ·	
Parker House rolls.....	11

	PAGE
Pastry, general directions for....	49
recipes for (see also name of pie or tart).....	50-52
Peanut brittle ice cream.....	46
Peanut butter, bread.....	8
frosting.....	14
honey cookies.....	15
soup.....	17
Pear and cheese salad.....	42
Pepper and tomato relish.....	31
Peppermint candy ice cream.....	46
Peppers, stuffed.....	40
Pie crust, two-crust.....	50
graham cracker.....	50
single.....	50
Plain bread.....	10
Plain cake.....	12
Plain muffins.....	7
Plain omelet.....	32
Popovers.....	8
Pork, chops with dressing.....	25
Potato cakes.....	38
Potato salad.....	42
Potato soup, cream of.....	17
Potatoes, au gratin.....	39
baked, white or sweet.....	38
creamed.....	39
hashed browned.....	39
mashed.....	38
scalloped.....	39
stuffed.....	38-39
Poultry (see also chicken)....	27-29
general directions for.....	27
timetable for roasting.....	22
Prune soufflé.....	48
Puddings, recipes for (see also name of pudding).....	44-49
Puffy omelet.....	32
Pumpkin pie.....	52
· R ·	
Raisin pie.....	52
Refrigerator cake, strawberry....	47
Refrigerator rolls.....	10-11
Relishes.....	31
Rice pudding.....	44
old-fashioned.....	44
Rolls, clover-leaf.....	11
Parker House.....	11
refrigerator.....	10
Russian dressing.....	43
· S ·	
Salad dressings, boiled.....	44
French dressing.....	43

	PAGE
mayonnaise.....	43
Russian dressing.....	43
sour cream dressing.....	43
Salads, general directions for....	41
recipes for (see also name of salad).....	41-43
Salmon loaf.....	20
Sauces, dessert.....	49
meat.....	30-31
vegetable.....	30-31
Seven-minute cake frosting.....	14
Shepherd's pie.....	29
Shortcake.....	8
Sirup, cocoa or chocolate.....	5-6
Soup stock.....	16
Soups, general directions for....	16
recipes for (see also name of soup).....	16-18
Sour cream dressing.....	43
Sour milk biscuits.....	8
Sour milk griddlecakes.....	9
Soy muffins.....	7
Soybeans, chili.....	35
Spanish cream.....	46
Spanish omelet.....	33
Spanish rice.....	35
Spice cake.....	13
Split-pea soup.....	16
Squash, Hubbard or winter.....	39
Steak (see beef).....	23-24
Steamed apple pudding.....	48
Strawberry refrigerator cake.....	47
Stuffed eggs.....	42
Stuffing.....	23-24
Succotash.....	37
Sweetbreads.....	25
Sweet milk griddlecakes.....	9

• T •

Tarts, cherry.....	52
jelly.....	52

	PAGE
Tea.....	5
Toast, French.....	11
milk.....	11
Tomato, jelly.....	42-43
juice, hot.....	18
sauce.....	19
soup, cream of.....	17
Tomatoes, broiled.....	40
fried.....	40
scalloped.....	39
stuffed.....	42
Tongue, braised.....	26
Tripe.....	26

• V •

Vanilla ice cream.....	46
Variety meats, recipes for (see also name of meat)....	25-27
Veal, birds.....	24
cutlets, with sauce.....	24
Vegetable noodle bake.....	40
Vegetable sauces.....	30-31
salad.....	41
soup.....	16
Vegetables, buttered.....	36
creamed.....	36
Vegetables, general directions for.....	35-36
recipes for (see also name of vegetable).....	36-40

• W •

Waffles.....	10
Waldorf salad.....	42
Welsh rarebit.....	34
Whipped evaporated milk sauce..	49
White sauce: 1, 2, 3.....	31
Whole-wheat biscuits.....	8
bread.....	10
muffins.....	7
Winter salad.....	43

